

APRIL
25 CENTS

How I Stopped Coughing

Physical Culture

How I Gained
20 Pounds
of Muscle

Milk Diet
Cures
Opium Habit

Control
the Sex of
Your Child



How to Make a Hit with Influential People!

SOMETHING about Richard Bradley made him attract unusual attention wherever he went. You would instinctively pick him out of a crowd as worthy of note. In a gathering of any sort—at the club, at dinners or business meetings—the most important people present could always be found around Bradley, eager to make friends with him. And as for the ladies—well, to use a colloquial expression, they literally “threw themselves at him.”

It wasn't Bradley's physical appearance, or the way he dressed or acted, that caused him to attract such favorable attention. In these things he was not unlike other men. But there was a vividness and charm about him which you felt the moment you saw him; and in his eye was the glint of steel acquired only by men who are doing things in a big way.

Yet he had started life as an errand boy with a grammar-school education. And now at 29 years of age he was making \$12,000 a year in a keenly-competitive business in which none but mature men of high education were supposed to be able to succeed.

BRADLEY and I saw each other often, and, naturally, I valued his friendship highly. One day he dropped in to see me with a “tip” on a big job he said I could get if I'd go after it. It was a big job—right in my line—but I felt it was altogether too big for me at that time. I doubted if I could get it; and even if I could, I didn't see how I could possibly be worth the large salary it paid. As I told this to Bradley a look of surprise, then of utter amazement, flashed across his face.

“Too big for you!” he exploded—“what nonsense! Nothing is too big, or too important, or too good for you—or for anyone else. Get that foolish nonsense out of your mind. The reason why you and lots of other fellows aren't getting more money is because you let the world bluff you. You've already got the ability—much more than many men holding high positions—but you haven't yet learned the knack of making people pay you big money for it.”

Bradley then told me astonishing things about men and women, life, business and the world in general. I was utterly astounded at what he said. It seemed as though a curtain had suddenly been lifted from my eyes and I could now see clearly for the first time. Then he drew his chair close to mine and told me a mental knack to use in dealing with people so as to immediately destroy any advantage they have over you, and to gain the advantage yourself.

“And now,” continued Bradley, in a tone of friendly command, “telephone to the man I told you about and ask for an appointment.”

How to—

- gain the self-assurance that strongly impresses people;
- overcome nervousness in meeting people;
- meet and deal with “big” people as easily as you do your closest friends;
- quickly develop an impressive, winning personality;
- dominate and control people;
- prevent people from out-witting you;
- quickly get a substantial raise, promotion or anything you especially want;
- use the secret of making big money to bring you quick results;
- make people look upon you as a “winner”;
- intensify your knowledge and skill, without further study, to make it bring you substantial and quick rewards;
- win your way into the highest social circles.

ple in authority. Recent researches in psycho-analysis prove that even today most of us have an *undue respect for, or actual fear of*, people in positions of authority. We may not realize it. Consciously we may not have this fear; but, nevertheless, we have it—planted deep in our subconscious mind—inherited from our ancestors.

“That is why so few people get the rich rewards they are entitled to. They know they are worth more money, but they dislike to face the boss. They know they have the ability to hold a bigger job, but lack the know-how and the nerve to get it. Tens of thousands of natural-born money-makers and leaders of men are today held down to underpaid jobs simply because they are bluffed by other men. And many splendid men and women find themselves unable to enter high social circles, simply because of an inherited state of mind.

“But there's a simple way to quickly overcome this inherited handicap,” continued Bradley. “It will not only wipe out your fears, but give you invincible courage, dash and intrepidity which sweeps everything before it, and makes people view you with amazed admiration. It will enable you to dominate other people instead of being dominated by them.” And then he told me the actual methods

I SAW my man the following day, and did exactly what Bradley told me to do both before and during the interview. And I got that job! Yes, actually landed a job I was afraid to tackle until Bradley told me such astonishing things. You can well imagine my delight! It pays me three times more than I ever thought myself capable of earning! All my friends are wondering how I did it! I've the satisfaction of knowing I'm making good in a big way—got it straight from the president at luncheon. If it hadn't been for Bradley I'd still be asleep in a rut letting the world bluff me out of money which is rightfully mine. But now I know the knack of getting big money!

WHAT Bradley told me was this: “You know that until recent generations our ancestors, as a race, were oppressed, exploited and held down by the governing classes. They were bluffed into believing that kings and the ruling classes were infinitely better and altogether superior to them. The ruling classes forced this bluff on the people by means of artificial standards of society and a lot of flub-dub magnificence.

“Today you and the rest of us laugh at this. We know it to be bunk. But just as we inherit our type of body, so do we inherit our state of mind. Our ancestors had a high respect for—even fear of—people

to use—the methods which enabled me to win and hold my big job which pays me three times more than I ever thought myself capable of earning.

Startling Revelations!

THE whole of these astonishing facts, with all the powerful methods, are clearly and fully told in “NERVE,” a remarkable 6-volume pocket-size Course by William G. Clifford. That is where Bradley got his information which enabled him and his friend to accomplish such remarkable things. Within one hour after you start to read this astonishing Course your eyes will be opened as they never were opened before! There is nothing to laboriously study or learn. You can apply at once the powerful methods it gives you—methods which will immediately thrill you with invincible courage and give you great power over men and women and the world at large.

SEND NO MONEY. Merely fill in and mail the coupon. The complete Course “NERVE,” in six attractive volumes, goes to you immediately. Simply pay the postman \$1.25 plus postage and the complete Course is yours. If you are not delighted, return the Course within five days and your money will instantly be refunded.

You have always wanted to know how to forcefully assert yourself to command respect from other men; how to meet the biggest business and social leaders with the impressive manner that wins their admiration; how to feel at ease under all conditions; how to know if the other man is bluffing you and how to quickly turn the tables on him. All these things and more—including the secret of making big money—are clearly and specifically told in “NERVE,” as you will quickly see to your great profit and delight.

We may be compelled to withdraw this remarkable offer at any moment, so it is suggested that you get “NERVE” now—before it is too late!

Fairfield Publishers Inc.,

110 West 40th Street (Dept. 871) New York City

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Send me “NERVE” by William G. Clifford, in six pocket-size volumes. I will pay the postman \$1.25 plus postage in full payment on arrival. It is understood that, if I am not more than satisfied, I may return the Course to you within five days and receive my money back instantly.

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\$1.25
Special Quick-Action Offer!

His simple invention has shown thousands how to break bad habits in English

How Sherwin Cody has been able, by means of a remarkable invention, to improve the speech and writing of thousands of people in fifteen minutes a day.

By Harry Sherman

PRACTICALLY all the many recipes for success can be summed up in this simple principle: *You must be able to make other people do what you want.* And how can you successfully command others to do what you want, how can you move others by inspiration, how can you persuade and convince—when your vocabulary is sadly limited and you cannot speak either fluently or correctly? In every field of endeavor, the outstanding men are those who speak and write with clarity and force. They may be known as "silent men." But when they *must* talk, they can do so! Their words then bite like chisels into the brains of other people, and their will is carried out!

Why Most People Make Mistakes

What is the reason so many people are deficient in the use of English and find their careers stunted in consequence? Why is it some cannot spell correctly, and others cannot punctuate? Why do so many people find themselves at a loss for words to express their meaning adequately? The reason for the deficiency is clear. Sherwin Cody discovered it in scientific tests, which he personally gave to tens of thousands of people. *Most people do not write and speak good English, simply because they never formed the habit of doing so.*

What Cody Did at Gary

Now, the formation of any habit comes only from constant practice. Shakespeare, you may be sure, never studied rules. No one who writes and speaks correctly thinks of rules when he is doing so. For years it has been a crying disgrace! Here is our mother-tongue, a language that has built up our civilization, and without which we should all still be muttering savages! Yet our schools, by wrong methods, have made it a study to be avoided—the hardest of tasks, instead of the most fascinating of games!

In that point lies the real difference between Sherwin Cody and the schools! Here is an illustration: Some years ago, Mr. Cody was invited by William Wirt, author of the famous Gary System of Education, to teach English to all upper grade pupils in Gary, Indiana. By means of unique practice exercises, Mr. Cody secured more improvement in these pupils in five weeks than had previously been obtained by similar pupils in two years under old methods. There was no guesswork about these results. They were proved by scientific comparisons. Amazing as this improvement was, more interesting still was the fact that the children were "wild" about the study. It was like playing a game!



100% Self-Correcting Device

The basic principle of Mr. Cody's new method is habit forming. Anyone can learn to write and speak fluently by constantly using the correct forms. But how is one to know in each case what is correct? Mr. Cody solves this problem in a simple, unique, sensible way.

Suppose he himself were standing forever at your elbow. Every time you mispronounced or misspelled a word, every time you violated correct grammatical usage, every time you used the wrong word to express what you meant, suppose you could hear him whisper: "That is wrong, it should be thus and so." In a short time you would habitually use the correct form and the right words in speaking and writing.

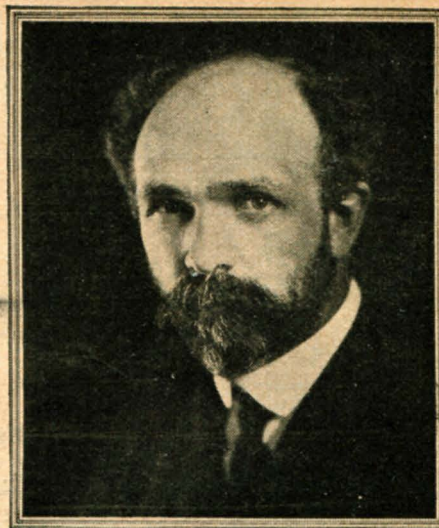
If you continued to make the same mistakes over and over again, each time patiently he would tell you what was right. He would, as it were, be an everlasting mentor beside you—a mentor who would not laugh at you, but who would, on the contrary, support and help you. The 100% Self-Correcting Device does exactly this thing. It is Mr. Cody's silent voice behind you, ready to speak out whenever you commit an error. It finds your mistakes and concentrates on them. You do not need to learn anything you already know. There are no rules to memorize.

Only 15 Minutes a Day

Nor is there very much to learn. In Mr. Cody's years of experiment he brought to light some highly astonishing facts about English.

He had spent years tabulating common errors and he found, for instance, that a list of one hundred words (with their repetitions) make up more than half of all our speech and letter writing. Obviously, if one could learn to spell, use, and pronounce these words correctly, one would go far toward eliminating incorrect spelling and pronunciation. Similarly he proved that there were no more than one dozen fundamental principles of punctuation. If one mastered these principles, there would be no bugbear of punctuation to handicap us in our writing.

Finally, he discovered that twenty-five typical errors in grammar constituted nine-tenths of our everyday mistakes. When one has learned to avoid these twenty-five pitfalls, how readily one can obtain that



Suppose you could hear Mr. Cody correct your mistakes in English every time you made them? In a short time you would acquire the habit of using the correct form and the right word in speaking and writing.

facility of speech which stamps the person of breeding and education!

When the study of English is made so simple, it becomes clear that progress can be made in a very short time. *No more than fifteen minutes a day are required.* Fifteen minutes, not of study, but of fascinating practice! Mr. Cody's students do their work in any spare moment they can snatch. They do it riding to work or at home. They take fifteen minutes from the time usually spent in profitless reading or amusement. And the results are really phenomenal.

Amazing Book on English Sent Free

It is impossible, in this brief review, to give more than a suggestion of the range of subjects covered by Mr. Cody's new method and what his practice exercises consist of. But those who are interested can find a detailed description in a fascinating little book called "How to Speak and Write Masterly English." This is published by the Sherwin Cody School of English, in Rochester. It can be had by anyone, free, upon request. There is no obligation involved in writing for it. The book is more than a prospectus. Unquestionably it tells one of the most interesting stories about education in English that has ever been written.

Sherwin Cody has really placed an excellent command of the English language within the grasp of everyone. Those who take advantage of his method gain something so priceless that it cannot be measured in terms of money. They gain a trademark of breeding that cannot be erased as long as they live. They gain a facility in speech that stamps them as educated people in whatever society they find themselves. They gain the self-confidence and self-respect which this ability inspires. And as for material reward, certainly the importance of good English in the race for success cannot be overestimated. Clearly no one can advance far without it.

If you are interested in hearing more in detail what Sherwin Cody can do for you, send for this book "How to Speak and Write Masterly English." Tear out the coupon now, so that you will not forget to write.

Sherwin Cody School of English

84 Searle Building Rochester, New York

SHERWIN CODY SCHOOL OF ENGLISH
84 Searle Building, Rochester, N. Y.

Please send me your new Free Book "How to Speak and Write Masterly English."

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Physical Culture

Founded By Bernarr Macfadden

Volume XLVII

APRIL, 1922

No. 4

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\$200 one year's yield of a single Pecan Tree



This illustration shows how the average tree on these one-year-old Certified Orchards should look within the next couple months, when in full leaf.

"Never before have I created a pecan orchard which made so remarkable a showing in the first year after planting," says R. C. Berckmans, Internationally Famous Authority on horticulture and nut growing in certifying to the age and quality of these established one year-old orchards.

reported by Harvey C. Stiles, who shows that the average annual yield of this tree for the past ten years is equally large, according to the record sworn to before a notary.

This remarkable record is simply another addition to the mass of data on yields of pecan trees which confirms the statement that the pecan tree is **"one of the most astonishing food engines in all nature, yielding literally barrels of nuts."**

The nuts from the paper shell pecan tree are **"among the highest priced horticultural products grown on a large scale in this country,"** says Vol. 54, No. 22 of the Congressional Record of the United States. Paper shell pecans command increasingly high prices year after year because the increasing yields of the finest pecans are exhausted earlier each year, as the public recognizes the wonderful value of the pecan as a staple, necessary food.

"Paper shell pecans of the improved varieties are the most delicious as well as the most nutritious nuts in the world," says Burbank, the Edison of Agriculture.

"We are building an industry which for generations should yield its bountiful crop of delicious food and bring millions of dollars to our citizens," says page 1478, Vol. 54 of the Congressional Record of the United States in speaking of pecan orcharding. **"The pecan growers of South Georgia have the finest horticultural proposition in the United States,"** says E. Lee Worsham, noted entomologist.

Our Free Book, "Paper Shell Pecans"

shows the plan by which far-sighted business and professional men in various sections of the United States and abroad are taking advantage of this opportunity

in pecan orcharding. It shows the food advantages of the pecan as the purest, sweetest, most concentrated form of fat and protein, by the statements of eminent food authorities. It shows by government statistics the increasing demand for nut meat, especially for the finest of all nuts—the paper shell pecan. It proves by leading horticultural and agricultural authorities the long life and productivity of the pecan orchard which is well summed up in the statement attributed to Burbank that **"the longevity of the pecan orchard and its immense earning power make it one of the most profitable and permanent agricultural investments."** It explains how your pecan orchard has been planted for you in January, 1921, on a plantation in Southwest Georgia which has enjoyed a reputation far and wide for its high fertility. Shows pictures of the trees planted twenty to the acre-unit on this noted plantation, under the supervision of R. C. Berckmans, internationally famous authority on horticulture and nut growing. Contains his letter certifying to the age and superior quality of these

One-Year-Old Established Certified Pecan Orchards

Tells how these trees are cared for, cultivated and fertilized, we assuming all responsibility for turning over a thrifty orchard. Shows how these acre-units are sold on easy, deferred payments.

Get this free book today, while you still have the opportunity to

Secure the \$40 Discount on Each Acre-Unit

This discount cannot be allowed after April 30th—it may cease before that time if the limited allotment on which this special introductory offer was made is exhausted.

ELAM G. HESS, PRESIDENT

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Reference, Keystone National Bank, Manheim, Pa.

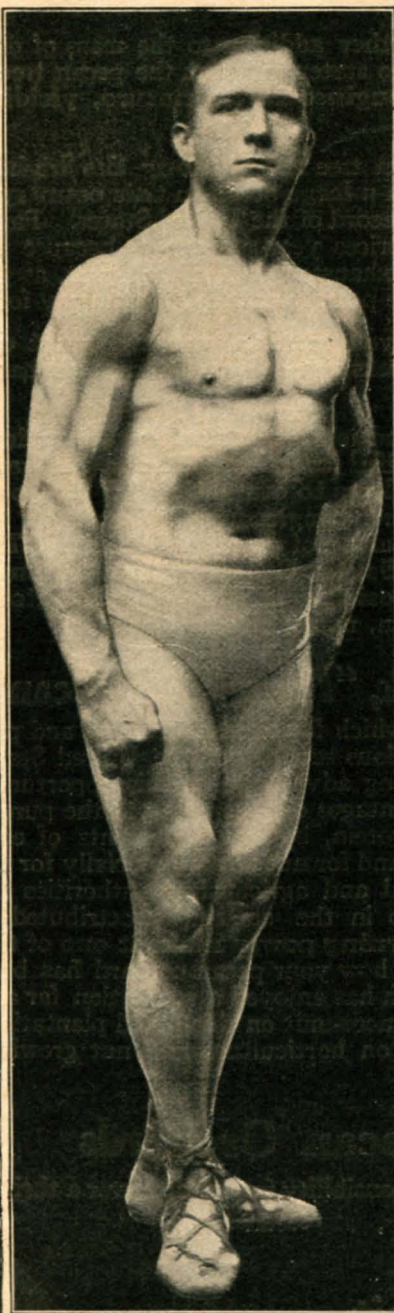
Act Immediately. SAVE \$40—GAIN A YEAR
in bringing your profitable crops of pecans to market



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formation (write additional subjects on extra line) and send it to me with 10c. to help pay postage, etc., and I will mail you the book at once. Don't put this off until tomorrow—it's too important. Get out your pencil—fill out the coupon and send for my free book **Right Now—TODAY.**

LIONEL STRONGFORT

Physical and Health Specialist

Department 777 Founded 1895 Newark, New Jersey

Special Notice:—Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of pupils throughout the world have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.

No man can be happy in his home, or make the members of his family happy, unless he is physically FIT. Peevishness, grouching, irritation at trifles, uncontrollable fits of temper, are almost impossible to avoid, when a man is suffering from chronic ailments that make his life a burden and cause him to look upon everything and everybody through blue glasses. Don't be a billious bugbear to your wife and children, killing all their joy in life and having no real happiness of your own. Stop—think—ACT—get a grip on yourself and—

Make Yourself Fit

Don't postpone getting yourself into good condition. The longer you wait the harder it will be to get back the health, strength and virility every man wants and ought to have. No man can get real enjoyment out of life or amount to anything, who is only half a man; who can't eat a square meal for fear of indigestion, whose physical fibre is rotting away through Constipation; whose vital organs are out of order; who is weak, watery-blooded, UNFIT to do a real man's work in the world—unable to bear the responsibilities of creation and civilization. Resolve *right now* to banish your weaknesses—restore your pep and power and fit yourself for the joys of life.

Let Nature Build You Up

Take advantage of her revitalizing forces. Your condition, whatever may have caused it, is due to a violation of Nature's Laws of Living and the ONLY way to get back the health and strength you have lost is to make use of the great upbuilding, revitalizing forces Nature has implanted in the human organism. When your automobile breaks down you send it to the repair shop and pay a big bill for new parts and skilled labor to put it in running order again. Same with the human body—with this big exception. Nature herself when scientifically assisted will rebuild your flagging powers and make you a 100% man in the full sense of the word.

STRONGFORTISM

The Modern Science of Health Promotion

I will show you how to do it. I have spent my life studying the secrets of the human organism—learning how the vital organs are strengthened by the little understood processes of Nature's Laws and without dope or drugs of any kind. I will show you how to free yourself from the miserable ailments that are taking all the pep out of you and robbing you of the joy of life; how to build up your figure, redden and enrich your blood, acquire new body and brain tissue, revitalize your internal organs—become 100% better than you are now. I can do it—I GUARANTEE IT—if you will follow my wonderful effective methods for a few months, no matter what your condition is, or what caused it and irrespective of your age, sex, occupation or surroundings.

SEND FOR MY FREE BOOK

"Promotion and Conservation of Health, Strength and Mental Energy" contains the facts that enabled me to build myself up into the strongest man in the world—which it took me a lifetime to construct; facts that YOU cannot afford not to know.

Thousands of other weak, de-vitalized men have made use of the information my book contains to get back the health, strength and buoyancy they thought was gone forever. No matter what your present condition is, my scientific methods will restore your vigor and vitality and build you up into a vigorous specimen of vital, magnetic manhood.

IT'S FREE. I make no charge whatever for the book or the information it contains. Just mark the subjects on the free consultation coupon on which you want special confidential in-

FREE CONSULTATION COUPON

ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 777, Newark, N. J.—Please send me your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line without obligation.

- | | | |
|--------------------|---------------------|-------------------------|
| .. Colds | .. Neurasthenia | .. Vitality Restored |
| .. Catarrh | .. Short Wind | .. Anemia |
| .. Hay Fever | .. Flat Feet | .. Great Strength |
| .. Asthma | .. Constipation | .. Falling Hair |
| .. Obesity | .. Biliousness | .. Deformity (Describe) |
| .. Headache | .. Torpid Liver | .. Stomach Disorders |
| .. Thinness | .. Indigestion | .. Successful Marriage |
| .. Rupture | .. Nervousness | .. Impotency |
| .. Lumbago | .. Poor Memory | .. Pimples |
| .. Neuritis | .. Rheumatism | .. Blackheads |
| .. Neuralgia | .. Gastritis | .. Round Shoulders |
| .. Flat Chest | .. Heart Weakness | .. Lung Troubles |
| .. Insomnia | .. Poor Circulation | .. Female Disorders |
| .. Vital Depletion | .. Increased Height | .. Muscular Development |
| .. Bad Blood | .. Easy Childbirth | .. Weak Back |
| .. Weak Eyes | .. Dependancy | .. Drug Addiction |
| .. Prostate | .. Skin Disorders | .. Healthy Children |
| .. Troubles | | .. Weaknesses (Specify) |

Mention other ailments here

Name

Age..... Occupation.....

Street.....

City..... State.....

An Amazingly Easy Way to Earn \$10,000 a Year

Let Me Show You How Free

TO the average man the \$10,000 a year job is only a dream. Yet today there are a surprising number of men earning five figure salaries who were merely dreaming of them a short while ago. The secret of their success should prove a startling revelation to every ambitious man who has ever aspired to get into the \$10,000 a year class.

There is nothing fundamentally "different" about the man whose salary runs into five figures. He is made of the same stuff as you and I. It is not necessary that he must enjoy the privilege of some influential connection or "pull." For example take J. P. Overstreet, of Dallas, Texas. A few short years ago he was a police officer earning less than \$1,000 a year. To-day his earnings are in excess of \$1,000 a month—more than \$12,000 a year. C. W. Campbell, Greensburg, Pa., was formerly a railroad employee on a small salary—last month his earnings were \$1,562.

Why Salesmen Earn Such Big Pay

Just stop a moment and think over the successful men of your acquaintance. How many of them are connected with some form of selling? If you will study any business organization you will see that the big jobs go to the men who sell, for upon their efforts depend the profits a company makes. Without trained men to place a product on the market, the finest goods are worth no more than so much clay. Salesmen are the very nerve centers of a business. Is it any wonder that they earn big pay?

The man who starts working as a bookkeeper or clerk for \$25.00 a week, never increases his value to the firm. Any advance in pay is merely a reward for length of service. At the end of ten years he is no more essential to the life of the organization than he was at the end of ten weeks. He is only a necessary liability—drawing his pay because somebody must be found to work at the unimportant, routine jobs. Once established in the rut, he becomes a cog in the machine—when he is worn out, he can be easily and cheaply replaced.

Why Don't You Get Into the Selling Field?

Mr. Overstreet, Mr. Campbell and the others whose letters you see on this page are all successful salesmen. They realized their ambitions by landing \$10,000 jobs in an amazingly simple way, with the help and guidance of the National Salesmen's Training Association. Sometime—some—where back in the past, each one of them read of this remarkable course of Salesmanship training and Employment Service just as you are reading of it to-day. Each one of them was dissatisfied with his earning capacity—as perhaps you are—and each one cast his lot with the N. S. T. A. To-day they are important factors in the business world—enjoying all the comforts and luxuries money can buy. And yet they are not exceptions,

for there are thousands of N. S. T. A. trained salesmen who are making big money, as we will be only too glad to show you if you will mail the coupon.

We Train You and Help You Land a Job

The National Salesmen's Training Association is an organization of top-notch salesmen and sales managers formed for the express purpose of training men in the science of successful selling. You do not need to know the first thing about selling—for the N. S. T. A. trains you from the ground up—gives you a complete insight into selling methods—in your spare time without making it necessary

to give up your present position until you are ready to begin actual selling.

In addition to this remarkably efficient course of training, the N. S. T. A. maintains a Free Employment Service to help its Members to jobs in the lines for which they are best suited. This in itself is of incalculable value for it allows the prospective salesman to make a complete survey of the selling field and to select the work which most appeals to him.

Salesmen Are Needed—Now!

Get out of that rut! Work for yourself! Salesmanship is the biggest paid of all professions. Just because you have never sold anything is no sign that you can't. We have made Star Salesmen of men from all walks of life, with no previous selling experience. These men have jumped from small pay jobs to big selling positions and handsome incomes. The same training on which they founded their success is open to you. You can follow in their footsteps. Why don't you get in a class with men who make real money? Never before have the opportunities been greater. At least you cannot afford *not* to investigate the great field of selling and see what it offers you. It will only cost you a 2 cent stamp and the facts and proof you will receive will surprise you.

Free Book on Salesmanship

Just mail the coupon or write for our free illustrated Book, "A Knight of the Grip," which we will be glad to send without any obligation on your part. Let us prove to you that regardless of what you are doing now, you can quickly become a Star Salesman. Let us show you how you too can step into the ranks of these big money makers of business. See how easily you can learn this fascinating, big pay profession at home in your spare time. Learn what we have done for others and what we stand ready to do for you. Don't put it off until to-morrow—write us to-day. Every hour lost keeps you that much farther from success. Mail the coupon at once.

National Salesmen's Training Association
Dept. 28-D, Chicago, Ill., U. S. A.

National Salesmen's Training Association
Dept. 28-D, Chicago, Ill., U. S. A.

Please send me, without any obligation on my part, your free Book, "A Knight of the Grip," and full information about the N. S. T. A. system of Salesmanship training and Employment Service. Also a list showing lines of business with openings for salesmen.

Name
Street
City P. C. 4-22

Read These Amazing Stories of Quick Success

Earned \$524 in Two Weeks

I have never earned more than \$60 a month. Last week I cleared \$306 and this week \$218. You have done wonders for me.—Geo. W. Kearns, 107 W. Park Place, Oklahoma City, Okla.

I Now Earn as High as \$100 a Day

I took your course two years ago. Was earning \$16 a week clerking. Am now selling many of the largest firms in the U. S. I have earned more than \$100 in a day. You secured me my position. Our Sales Manager is a graduate of yours.—J. L. DeBonis, 4615 Warwick, Ave., Chicago, Ill.

Earns \$1,562 in Thirty Days

My earnings for the past thirty days are \$1,562. and I won Second Prize in March although I only worked two weeks during that month.—C. W. Campbell, Greensburg, Pa.

Earned \$1,800 in Six Weeks

As soon as I received a letter from you and your literature, I knew that I was on the right track and very soon after I applied for a position, as a Salesman to one of the firms whom you informed me were in need of a Salesman and to whom you had recommended me. As soon as they received my application, which was by mail, they wired me to come for an appointment which I did, with the result being that I sold my service to them in about thirty minutes, took a territory in Illinois and Wisconsin and made a success of it from the very first week.

From that time on I have been what might be termed as a "high pressure" Salesman, selling lines where nine out of ten Order Takers would fail. I have sold goods in a highly successful manner in nine or ten States, both North and South. My earnings for March were over \$1,000 and over \$1,800 for the last six weeks, while last week my earnings were \$356.00. I travel eleven months out of the year, working five days each week.

The N. S. T. A. dug me out of a rut where I was earning less than \$1,000 a year and showed me how to make a success.—J. P. Overstreet, Dallas, Texas.

New Minds for Old In 12 Weeks!

THOUSANDS of people who only a short while ago were struggling along in low-salaried routine positions are today earning double and treble their former salaries and are enjoying all the luxuries that make life worth while.

They owe their sudden success to the evolution of a new science; a science through which they actually acquired **new minds**—minds which were entirely remade in **12 to 15 weeks!**

This may seem like an utter impossibility. Yet one has only to investigate the facts. Thousands of signed statements from students of this new science offer indisputable evidence to the fact that it is easily possible for anyone to acquire a new mind—that it is easily possible for anyone to secure great increases in salary. (A few of these statements are reproduced below.)

How are these apparent miracles accomplished? The explanation is quite simple. Psychologists have definitely established the fact that the average man goes through life using only about one-third of his possible brain-power. This is not as surprising as it may seem. Your brain is just like any one of your muscles. Unless you keep it "in trim"—unless you give it proper exercise—it soon becomes dull,

awkward, inefficient and "flabby." Yet the average man takes no steps whatever to keep his brain well developed. As a result his success faculties become weakened, and unless he develops a new mind he is doomed to live a life of inferiority or failure.

If you are now working for low pay, if you have gotten yourself into a rut, if you are a subordinate instead of an executive—it is a certain indication that you have let your mind "go slack." Success depends upon brain power. With a mind which is only one-third as efficient as it should be you cannot even hope for success. The thing to do, therefore, is to acquire a new mind. You can do it, just as thousands of others have done it. The way is easy—it is through **Pelmanism**.

Pelmanism is the science of intensive mental development. Since its first appearance, 27 years ago, it has spread, with the sweep of a great religion, to every corner of the globe, until today its students number over 650,000 men and women in every walk of life.

The results that Pelmanism is bringing are nothing short of amazing. Instances of quick promotion through it are countless. Cases of doubled salary in less than six months and trebled salary in less than a year are not at all unusual. In exceptional cases there have been salary increases of 700, 800, and even 1,000 per cent. And all because **Pelmanism shows the way to new minds for old!**

There is no "magic" about Pelmanism. There is no mystery about Pelmanism itself. Further, it does not promise anything but what it already has accomplished in thousands of cases.

Pelmanism is meant for everyone. That is what makes Pelman-

ism a truly great science—it can help all mankind without respect to age, sex, position, religion or previous education. It is easily understood; its

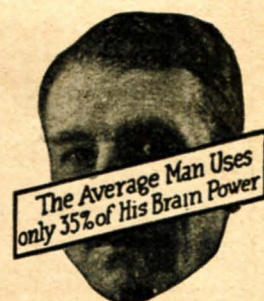
principles are easily applied. You will find it of deep and fascinating interest. You will be gripped by its clear logic. You will begin to feel its mysterious effect almost immediately. Many have said that even after the first hour they were conscious of a startling change in their whole attitude toward life.

Pelmanism will give you the vital spark—it will give you the type of mind you have always admired and longed for. Under its powerful influence such handicaps as timidity, lack of initiative, faulty judgment, dull perception and lack of directive ability disappear as if by magic. Pelmanism will swing the wasted two-thirds of your brain into action. You will actually be given a new mind—a mind which will sweep you forward, which will lead you on from success to success—until you have attained the goal you have set for yourself.

"Mind and Memory" —FREE

The coupon below will bring you, without cost or obligation, a copy of a splendidly bound 48-page book on scientific mind training. This vitally interesting book describes Pelmanism in detail; reveals the unique method whereby thousands of people everywhere are acquiring new minds for old in 12 to 15 weeks. It also contains the actual experiences of former students, showing how this great new science led them to unexpected heights of intellectual, social and financial success. Your copy is ready for you. Simply fill out and mail the coupon. "Mind and Memory" is absolutely free. Send for it today.

The Pelman Institute of America
Suite 54, 2575 Broadway,
New York City



Success

Through New Minds for Old
A few of the thousands of letters from successful students:

"From a salary of \$975 I rose in one step to \$2,000 a year, and in January this year to \$4,000 a year."

"I am glad to inform you that I have just received an increase in salary amounting to \$1,000 a year extra."

"Since taking the course I have more than doubled my salary, which is due entirely to your teaching."

"Since becoming a Pelmanist I have actually increased my salary 300 per cent."

"I had the pleasure of taking the course during 1917-18. Previous to my joining the army my salary was \$20 a week. My present salary is \$10,000 a year."

The Pelman Institute of America
Suite 54, 2575 Broadway, New York City

Please send me without cost or obligation on my part a copy of the 48-page book "Mind and Memory."

Name.....

Street.....

City..... State.....

How to Overcome Shyness—Timidity—Fear

How to Attain the Poise, Self-confidence and Courage that comes with perfect knowledge of etiquette for every occasion

In the Company of Others

ARE you one of the thousands of men and women who are failing to realize their full measure of success in life because they suffer from shyness, embarrassment, self-consciousness, timidity and fear?

Do you want to secure the poise, the self-confidence, the courage, the power, that compels respect, breaks down the barriers of opposition and wins success?

Then this important opportunity is for you.

It is an opportunity to get rid of the weak, negative qualities that are holding you back, and acquire the strong, positive qualities that smooth the path of progress.

It is an opportunity to live a bigger, fuller, richer life—a life of greater joy, freedom and accomplishment.

One Sure Way

There is a sure way—a quick and easy way—to banish self-consciousness, embarrassment and timidity, and acquire the calm, confident, well-poised attitude that all really successful people possess.

It is simply knowing—definitely and positively—the proper thing to do in all circumstances and under all conditions.

When you know the right thing to do, the right thing to say, the right thing to write, the right thing to wear, at all times, you will find yourself forever free from the unwholesome, negative qualities of self-consciousness and timidity that humiliate and belittle you, and obstruct your advancement.

When you possess the knowledge that protects you from foolish mistakes and embarrassing blunders, you will be a calmer, a better-poised, a more confident, a more effective individual in everything you undertake.

Furthermore, you will find yourself attracting hosts of friends and being welcomed, honored and respected wherever you go—all because you know and follow the simply and easily acquired rules of deportment as set forth in "The American Encyclopedia of Etiquette and Culture" which you can now obtain for free examination in your own home.

The Money Value of Good Manners

Good manners have a tangible dollars-and-cents value.

We all know plenty of people who, on account of their rough, uncouth, boorish manners, can not associate with, or command the respect of, the right kind of people. They are unable to secure or hold important positions because they lack the politeness, tact and diplomacy to handle people successfully.

Attractive manners alone have been the one stepping-stone to fame and fortune for many people. One of the executives of a New York corporation said of one of their salesmen: "His manner alone earns him \$10,000 a year."

Thousands of ambitious, well-meaning men, women and young folks are being held back from success simply because they have never taken the trouble to cultivate pleasing manners. If these people only knew the real value of correct manners—how they *instantaneously and irresistibly* win friends, secure business and smooth life's every pathway—they would lose no time in acquiring so important an asset.

Good breeding—a fine manner—is a magic wand that enables us to attract to us worth-while people, thereby building our social and business structure on a firm foundation.

Health and Happiness

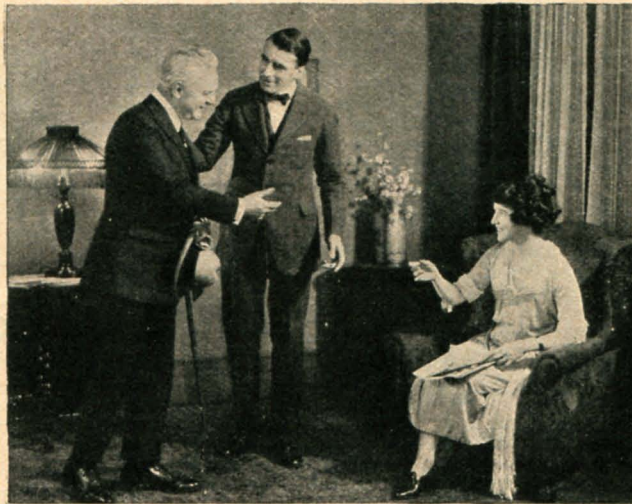
Did you ever stop to think that a knowledge of etiquette and deportment is a wonderful spur to health and happiness?

Ignorance of what to do and say—how to conduct ourselves under all conditions—in all our relations with each other—produces embarrassment,

timidity and fear, which reacts upon the nervous system, the derangement of which is the cause of 75 per cent. of all physical disorders.

To know—and know that you know—the right thing to do, the right thing to say, the right thing to wear, develops poise and self-confidence that overcomes all nervousness.

To be in doubt about the proper way to conduct yourself on all occasions—to be uncertain as to whether you should do this or that—to be timid and embarrassed—produces a nervous condition that undermines health.



You Should Know —

How to properly introduce men, women and children—when and how to introduce yourself—what to say when meeting strangers—what to do and say under embarrassing conditions—how to create interesting conversation—the successful way to make excuses and apologies—how to deport yourself at house-parties, dinners, receptions, weddings and funerals—how to write invitations, acceptances, regrets, letters of condolence, etc.—how to gracefully handle common mistakes and blunders—how to be tactful in a delicate situation—how to be at ease under all circumstances—how to attract others to you—how to be calm and well-poised at all times—how to make others feel comfortable—how to induce others to do as you desire—the etiquette of traveling—the etiquette of visiting—the etiquette of hotel life—the etiquette of club life—the etiquette of golf.

The above are just a few of the important things you will learn from "The American Encyclopedia of Etiquette and Culture."

Many people have worried about some social lapse—some foolish blunder—some annoying mistake—until it has resulted in serious illness.

What could be more unnecessary when the simple rules of correct conduct are so easily acquired?

An Authoritative Work

"The American Encyclopedia of Etiquette and Culture" is a brand-new, up-to-the-minute work by Marvin Dana, B.A., M.A., LL.B., Ph.D., F.R.G.S., former editor "Smart Set," editor "Judy" (London), associate editor "McClure's Magazine" and on editorial staff "New York Herald." It is complete in eight little volumes, small enough to slip into a man's pocket or a lady's handbag. It is printed in clear, easy-to-read type on a fine quality of book paper.

Do not make the mistake, however, of judging it from the standpoint of type, ink and paper. Its value is not in these, but in the important, authentic information it contains—information of *invaluable and continuous* help all along the road to social and business success.

Examine It Free

Let us send you "The American Encyclopedia of Etiquette and Culture" for seven days' free inspection.

Examine it right in your own home without a penny of expense to you.

We are more than willing to take all risks in the matter.

We know that when you see it you will quickly realize its great value to you and to your entire social and business future.

It takes but a brief examination to realize how it will banish all uncertainties and doubts as to what to do on all occasions, and how much this will mean to you, who are rightly interested in self-improvement and personal achievement.

By following the accepted rules of etiquette as set forth in this authentic work, you will rapidly acquire a poise, polish and manner that will be of invaluable assistance to you all the days of your life.

It will help you to make new friends—of the right sort.

It will help you advance more rapidly in a business and social way.

It will enable you to overcome shyness and timidity.

It will make easy and pleasant your relations with others in all of your activities.

It will make smooth the road that leads onward and upward.

Send For It Now

Right now—at once—is the time for you to say: "Yes, I will at least send for and examine 'The American Encyclopedia of Etiquette and Culture.' It may be just what I need."

Then all you have to do is to sign and mail the free examination coupon.

You do not need to send a cent of money.

Neither do you obligate yourself in any way.

When the Encyclopedia arrives, examine it at your leisure.

Then when you decide that it is just what you want—that the information it contains is of importance and value to you—that it fills a real need in your home, then—and not until then—send us only \$3.00 in full payment and the Encyclopedia is yours.

But if for any reason whatever you are not delighted with the Encyclopedia, all you need to do is to re-mail it to us at any time within seven days after you receive it, and you will not owe us anything or be under any obligation of any kind.

This is an important opportunity. And it is an easy one to investigate.

If the Encyclopedia is one-half as valuable as we say it is—you want it.

But don't take any one else's advice in this matter.

See—and judge—the value of this work for yourself.

That is the wise thing to do.

You owe it to yourself, your family and your associates.

Send for it to-day.

No money is required.

Simply sign and mail the coupon.

Independent Corporation

Dept. 47E, 319 Sixth Avenue, New York

(FREE EXAMINATION COUPON)

Independent Corporation

Dept. 47E, 319 Sixth Avenue, New York

Gentlemen:—Please mail me "The American Encyclopedia of Etiquette and Culture," for seven days' free examination. If I decide to keep it I will send you \$3.00 in full payment. Otherwise, I will re-mail it to you and pay nothing.

Name.....

Address.....

I Will Reduce Your Weight 10 Pounds in 10 Days Free

And I will do it without asking you to resort to exercises, hot baths, starving, drugs, medicines or inconvenience of any kind—but in a natural, safe way right in your own home. You can then continue my method and reduce as many more pounds as you wish in the same simple, easy way.

BY EUGENE CHRISTIAN,
The Famous Specialist

THIS is probably the most unusual offer ever made to stout people who want to reduce. I make it because I have discovered a natural law which is infallible—a method that has already been used successfully by thousands of men and women, some of whom have taken off as much as 78 pounds in a short time, and in every case their health has greatly improved.

Here Is My Plan

You mail the coupon below, and I will mail you my method, with full instructions of just what to do. It is all contained in twelve little books called "Weight Control the Basis of Health." Follow my simple instructions for ten days. You will lose in the neighborhood of 10 pounds—perhaps a trifle more or less. That is my free gift to you. If you then wish to continue your reduction, the course I sent you is yours to show you the way, whether you are just a few or a hundred pounds overweight. On the other hand, if you do not wish to continue following my instructions for any reason, you have only to return the course.

This is the fairest offer I know how to make. I make it because I realize that there are thousands upon thousands of men and women who have tried system after system of fat reduction without success, and I want to prove to them without risk on their part that my method actually does the work without inconvenience or hardship.

This Is Nature's Own Method

Remember, my method does not involve taking anything internally or any external application of any kind. There are absolutely no drugs, medicines, preparations whatever. There are no exercises, no hot baths, no rolling or other commonly used systems. All you do is observe the simple law of Nature which I have discovered. This takes no time, no trouble, no exertion on your part in any way.

Have you ever before heard of losing weight in such a simple, easy way? Remarkable as it may seem, remember that the whole secret is that my method works with Nature instead of against her. Nature does everything—you do nothing.

But I want you to try this new method for yourself. That is why I make this unusual offer—my offer to reduce your weight ten pounds in ten days FREE. I do not want you to take the risk of a single penny.

Reduce 25 to 75 Pounds

All I ask is that when the postman delivers my course in "Weight Control" you deposit with him its price, \$1.97, plus a few cents postage. Then, if at the end of ten days you do not wish to continue and lose the remainder of your excess flesh, merely return the course to my publishers and the money you have paid will be returned to you at once without question. In other

words, if you are not satisfied with the 10-day treatment you need not keep the course, and the trial will not have cost you a cent. On the other hand, if you do desire to continue your reduction, the trifling sum you have paid the postman is your only cost, whether you wish to reduce 25 pounds or 75 pounds or any other amount. There is no further charge or expense.

Many people wonder why I charge so little for my course in weight reduction when others get from ten to thirty dollars and more. It is because I had rather show a quarter of a million people the way to slender figures, as I have done in the past few months, than limit my field to a few thou-

sand at high prices.

Results in 48 Hours

You will be literally amazed when you see what "Weight Control" will do for you. Within 48 hours after starting you will begin to see a difference. The best plan is to weigh yourself as soon as the course arrives. Then get on the scales every other day. You will be surprised to see how the flesh seems to fairly melt away. The scales tell the story. And you will be delighted with your improvement in health. A brighter eye—a quicker step—a clearer complexion are only a few of the signs of increased energy and vitality that come as the folds of flesh disappear. A perfect figure is the birthright of every woman. Mail the coupon today, and in a few days you will be on the road to a youthful, slender figure. Send No Money—just the coupon or a letter. Address Eugene Christian, Dept. W-274, 43 West 16th Street, New York, N. Y.



Eugene Christian

You Too Can Reduce 10 to 70 Pounds

Read These Results!

Loses 13 Pounds in 8 Days

"Hurrah! I have lost 13 pounds since last Monday and I feel better than I have for months."
MRS. GEO. GUTERMAN,
420 E. 66th St., New York City.

Loses 16 Pounds in 2 Weeks

"I am writing to let you know how pleased I am with results so far. When I began I was 198 pounds—in two weeks I came down to 182 pounds. I am convinced I could reduce even more rapidly, but don't care to reduce so fast." MRS. LAURA TUCKER,
244 W. 64th St., New York City.

From 187 to 143 Pounds

"I weighed 187 pounds. After getting the course I secured results right away and now am down to normal weight, having lost 44 pounds. It is grand to have a girlish figure again." MRS. ERIC CAPON,
Manhasset, L. I.

Loses 37 Pounds

"When I started your method I weighed 195 pounds. In six weeks I reduced to 158 (nearly a pound a day). I am feeling the best I have in 5 years. I reduced my waist from 37 inches to 28 inches."
MRS. EUGENE WOODHULL,
444 Lafayette St., Utica, N. Y.

Loses 22 Pounds in 14 Days

"I reduced from 175 pounds to 153 pounds (a reduction of 22 pounds) in two weeks. Before I started I was flabby, heavy and sick. Stomach trouble bothered me all the time. I feel wonderful now."

BEN NADDLE,
102 Fulton St., New York City.

Loses 74 Pounds. Gains Wonderful Health

"I weighed 240 pounds when I sent for your method. The first week I lost 10 pounds. My weight is now down to 166 pounds (74 pounds lost) and I never felt better in my life. I have a fine complexion now, whereas before I was bothered with pimples. Formerly I could not walk upstairs without feeling faint, but I've got so I can RUN up."

MRS. MARY DENNENY,
82 W. 9th St., Bayonne, N. J.

Above are just a few of the hundreds of letters on file. Nearly every letter received first mentions the quick reduction of weight and then states that this reduction is accompanied by better health and improved complexion. This new method is the safe, quick, easy, natural way to reduce.

Just Tear This Off and Mail

EUGENE CHRISTIAN,

Dept. W-274, 43 W. 16th St., New York City.

I accept your offer to reduce my weight ten pounds in ten days free. Send the course in plain wrapper and I will deposit \$1.97 plus postage with the postman, with the understanding that if, after ten days, I wish to return the course I may do so and my money will be instantly refunded. If I keep the course there is to be nothing further to pay.

Name.....

Address.....

How to Make \$10 to \$20 a Week in Your Spare Time

Thousands of people are adding spare time earnings to their weekly incomes. How you, too, can begin at once to turn your spare hours into dollars

By Arthur Woodward

I HAVEN'T any stock to sell—I am not looking for agents or representatives—neither am I going to tell you about anything that will interfere with your present position, if you have one, or your household duties, if you are a housekeeper, or with your school studies, if you are attending school. I simply want to show you the big money possibilities that your spare time offers, and explain to you how you are throwing away hundreds of dollars each year by neglecting these possibilities.

I strongly urge you not to give up any position that is paying you some kind of an income. But if you want to add to your income—to buy your own home, or a car, or nicer clothes, or newer furniture, or a trip abroad, or obtain money for any other purpose that is your heart's desire—then I urge you to read every word that I have written here. You will find a method of not only adding many dollars each week to your present income, but perhaps a way to develop a successful business of your own with yourself at the head of it.

Almost everyone wastes at least two hours a day—which means a loss of 600 hours a year, or seventy-five working days of eight hours. Did you ever stop to think how much of a loss in dollars and cents this means to you?

Many people fool themselves into failure. They say, "If I only had a few hundred dollars' capital—or a college education, what a success I would be." No man ever made a success just because he had a college education. In fact, there are a lot of college men who are the most miserable failures. And as for a lot of capital, you only have to think of the many rich men's sons who are rank failures to explode the theory that one must have a big sum of money to succeed in any business.

If I came to you and said that I would give you two dollars profit over the costs of material to make a wagon for my little boy, you wouldn't need any capital to earn that two dollars in your spare time. Or if I said that I wanted five pounds of candy as a gift to my wife on her birthday, you wouldn't need more than a dollar or so to buy the materials through which you would make the candy for me during your spare time and so earn a profit of, say, three dollars.

How I Found the Way to Independence

Of course the trouble is that most of us do not know just how to go about making money in our spare time. We may not care about canvassing or selling or any of the other commonly known "spare-time propositions."

At least that was my trouble until I read about the 137 "Independence Spare-Time Business Plans." These describe 137 ways of making money in spare time and represent the most successful and most practical plans that are being used by people to bring in nice incomes "on the side."

I hadn't read very far into the plans before I saw more than a half dozen different ways that I could easily earn good money from almost immediately. I adopted one of the plans and my wife adopted another. We both made money the very first week. In fact both of these little businesses have grown so rapidly that I will soon give over my entire time to mine—and my wife expects to sell hers, because I am now able to make more than enough to support her and our family in very comfortable circumstances.

Easy for Anyone to Make Spare-Time Money

There is no reason why anyone shouldn't find it just as easy and just as profitable to turn



their spare hours into cash as my wife and I did. For the 137 "Independence Spare-Time Business Plans" are designed to meet every conceivable case. No matter where you are living, or what your experience or ability may be, there is sure to be one or more plans that just suit you. You have only to select the one you want and put it into operation.

Every plan is mapped out for you in detail. All that you have to do is to follow a few simple directions.

The Plans are so practical and so easily developed that you can hardly fail to make a success with whatever plan is adopted by you. In the 256 pages you are sure to find at least a dozen ideas that you can turn into money. And out of the dozen you will easily select the one that will make a strong appeal to you because of natural taste, training, talent or education.

It does not require much of your time to work out this particular plan of yours. You can devote as much or as little time to it as you choose. Naturally, however, the more time you devote to developing your selected idea the faster the returns will come in.

Every one of the "Independence Spare-Time Business Plans" can be carried out in idle time without interfering with your present position. It isn't at all necessary for you to leave your present job to develop the idea. Remember each of these 137 Plans is for Spare-Time Workers and can be developed by your wife, or sister, or brother, or mother. You have nothing to study. Every step is clearly outlined for you to follow.

Examine These 137 Ways of Making Money

Every reader of this magazine is now given the opportunity to examine the 137 "Independence Spare-Time Business Plans" in his own home for thirty days.

You simply mail the coupon, or write your name and address on a postal, and the 137 Plans, contained in eight booklets will be

promptly mailed to you. When the postman delivers them to you just pay him \$1.98, plus a few cents for postage. This money will be refunded to you promptly if you care to return the 137 "Independence Spare-Time Business Plans" within 30 days. Otherwise they remain yours without any further payment. \$1.98 and postage is all you pay for these plans that show you how to add \$10 to \$20 a week or more to your income.

It is the publishers' earnest belief that every person who owns this remarkable set of 137 Plans will quickly select at least one of the Plans and through that Plan make a very material increase to his or her income.

Send for the Plans today and select from them the one or two Plans which most strongly appeal to you as offering the greatest money making possibilities for your spare time.

Address AMERICAN BUSINESS BUILDERS, Inc., Dept. 869, 1133 Broadway, New York, N. Y.

American Business Builders

Dept. 869

1133 Broadway, New York, N. Y.

You may send me the 137 "Independence Spare-Time Business Plans" for 30 days' examination. I will pay the postman \$1.98 (plus postage) when he delivers them. This is to be returned to me in full if I return the books within thirty days. If I keep the books there is to be no further charge.

Name.....

Address.....
Phys. Cult. 4-22

Catarrh the Breeder of "Flu" and Pneumonia

How You Can Rid Yourself of Your Catarrh, Quickly, Permanently, without Drugs or Medicine, and Thus Avoid Influenza, Grippe, Pneumonia and many other ills

By R. L. Alsaker, M. D.

DURING this winter's epidemic of Influenza and Pneumonia it has been found that people suffering with Catarrh in its various forms have been much more susceptible to these diseases than others.

Thus if you would escape Influenza and Pneumonia and many other serious and troublesome diseases you should first eliminate your Catarrh if you are suffering from it in any form.

For it seems that the majority of the people in our country suffer from catarrh. Some have it from time to time, others have it all the time.

Catarrh of the head is troublesome — and filthy. Catarrh of the throat causes coughing and much annoying expectoration.

When the catarrh goes into the chest it is called bronchitis. If it is allowed to continue it becomes chronic, and chronic bronchitis means farewell to health and comfort. It robs the sufferer of refreshing sleep and takes away his strength. It also weakens the lungs so that the individual easily falls a victim to influenza, pneumonia or consumption.

Then there is catarrh of the stomach and small intestines, which always means indigestion. Catarrh of the large intestine often ends in inflammation of the lower bowel—colitis.

Catarrh of the ear causes headache, ringing in the ears and general discomfort.

Catarrh Causes Serious Disease

Catarrh of the liver produces various diseases, such as jaundice and gall-stones and often ends in much suffering from liver colic.

All who easily catch cold, are in a catarrhal condition. Those who take one cold after another will in a short time suffer from chronic catarrh, which in turn will give rise to some other serious disease—as if catarrh itself isn't bad enough.

Either you personally suffer from catarrh, or some member of your family is afflicted.

Isn't it time to give this serious danger a little attention, before it is too late, and solve the problem for yourself? You can do it. It's easy.

Catarrh can be conquered easily and permanently. It has been done in thousands of cases.

You can cure yourself—and while you are losing your catarrh you will lose your other physical ills. That dirty tongue will clean up; that tired feeling will vanish; that bad taste in the mouth will disappear; that troublesome gas will stop forming in stomach and bowels; and the pain will leave your back; headaches will take flight: rheumatism will say goodbye and those creaky joints will become pliant.

In children catarrh is often accompanied by sore, enlarged tonsils and adenoids. When this occurs the child becomes a "mouth-breather," the palate is often pushed upward, and the teeth thrown out of line. Mouth breathing is often the cause of laryngitis, bronchitis and asthma.

Dr. Alsaker was con-

Removing the tonsils is merely cutting out a symptom. Enlarged tonsils and adenoids are both merely effects of wrong living. Dr. Alsaker's common-sense, proved-out plan removes the cause of these dangerous conditions.

Realizing the great need of definite, practical information regarding this terrible disease, catarrh, Dr. Alsaker has prepared a plain, simple instruction book on the cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds, swollen tonsils and adenoids. This book is entirely free from fads, bunk and medical bombast. It sets forth a common-sense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to get well and how to keep well. The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles, and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home and without the expenditure of an additional penny. There is nothing difficult, technical or mysterious about this treatment. It is so easy to understand and so simple to follow that any one, young or old, can reap the utmost benefit from it.

Nature's Laws Alone Cure

If you suffer from colds, coughs, or catarrh in any form send only \$3, to the publishers of "THE ALSAKER WAY," Dept 875, 1133 Broadway, New York and get your copy of this valuable instruction book.

Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best \$3 investment you ever made—simply re-mail the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to free yourself from catarrh, asthma, hay fever, coughs and colds, you can do so. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums, sprays or salves. And it costs nothing to follow, while doctor's bills, prescriptions, and so-called patent medicines that do not cure, soon eat a big hole in any man's income.

Send for book to-day. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.



R. L. ALSAKER, M. D.

Founder of
THE ALSAKER WAY

sulted by the parents of a little boy named Jimmy. Other physicians and the school nurse said that Jimmy's tonsils must be removed, for they were so large that they almost met when examined. Of course he had adenoids too. The parents feared to have them removed, for they had heard of a child who had bled to death after this operation.

Dr. Alsaker applied his simple methods for the cure of catarrh to Jimmy's case with marvelous results. In a few weeks the catarrh had vanished the tonsils had shrunk back toward normal, the adenoids disappeared, and Jimmy became a healthy little animal, breathing as freely as any child.

Removal of the tonsils by the knife is not a very safe operation. Death occasionally results; often the sore throat persists.

EDITOR'S NOTE

If you have been puzzled about the cause of catarrh, adenoids, and enlarged tonsils, this article is going to open your eyes and make you think. Read what these people say about Dr. Alsaker's methods.

"Had catarrh since childhood. Doctors unable to cure me. Now entirely well, thanks to your treatment."—S. N. R., Canada.

"Had bronchitis from which I suffered for five years is now a thing of the past."—J. F., Indiana.

"I was badly troubled with catarrh and colds. By following Dr. Alsaker's instructions the disease has disappeared."—H. M., Canada.



You, too, can develop your talent as an author

How George Holton not only increased his income but also became an author, welcomed by the great men of America wherever he goes

I WAS struggling along as a clerk without a chance ever to be anybody or to make enough money to live as a human being has a right to live—until a few short months ago.

Often when I met an old friend on the street he regaled me with a story about how he was making twenty thousand a year, and how our former chum Stebbins was shaking the money-tree for fifteen thousand, and how Fred Allen was doing mighty well in his business.

"And how about you, George? Still keeping the top of a high stool warm?"


Shamefacedly I had to say yes. I grinned and bore it. These fellows didn't mean to patronize me. They made money and I didn't. They still liked me. But I couldn't keep step. They never asked me to join them in any of the theatre parties they gave to each other because they didn't want to humiliate me. They knew that I had no evening suit and that my wife's clothes wouldn't do. They let me off lightly just for kindness' sake.

And they weren't better men than I was—except when it came to making money. In our crowd I was always the man who was well informed. I have read ten books to those chaps' one. My family always read the magazines. We knew O. Henry, Edgar Allan Poe, and Maupassant by the wonderful short-stories they wrote and ever since I was married, I've read a new short-story to my wife two or three times every week. Al Stebbins and Fred Allen didn't know literature. They knew mighty little about the things that are worth while in life. But they had the chance to meet a few worth-while people, to travel, to see life, a chance that was denied to me.

How often I have said to Mary: "I could write stories for the magazines if only I had a little more training." She thought so, too, and pointed out to me that I was one of the best story-tellers she had ever known. Once or twice I tried to formulate a magazine story in my mind, but I didn't know how. I was up against a blank, towering wall of ignorance. I didn't know how to make a character real; I didn't know how to start a story, how to rise to a climax or how to finish it.


Then one day all my old hopes came back

again. I talked to my old friend who teaches English in our High School. He had just sold a short-story for \$450 to a big magazine. I confessed to him that I had always had an ambition to be a short-story writer but that




"For three years I have supported myself entirely by writing articles and business fiction, and my pen is rapidly paying for a house which I bought about two years ago. In this work Dr. Esenwein's Short-Story Course has been of genuine help to me."

J. E. BULLARD



"Although I had had published the 'Bunny Cotton Tail' series and 'The Pixie Books,' besides many other stories and articles, I became Dr. Esenwein's pupil. I find the course very stimulating. It supplies many helpful suggestions which my early training lacked. I think that if anyone has a spark of literary ability this course will fan it into a flame."

LAURA ROUNTREE SMITH



"Dr. Esenwein's instruction enabled me to earn over \$5,000 with my pen in spare time. Before, though I had taken several other courses, my manuscripts would not sell. I believe that Dr. Esenwein's practical course will do as much for others who really want to write as it did for me."

GEORGE J. THIESEN

I didn't know how to utilize my talent as an author.

"George," he said to me; "you can be taught, you know, if you have some ability."

"But I have to earn my living," I answered, "I can't go back to school."

"Of course not; yet there is a way. Down at Springfield, Mass., is a man who can teach you, just as he has taught many others. His books are standard works used in many schools and colleges. That man is Dr. Esenwein, for many years editor of Lippincott's Magazine. Write him a letter and ask him about it."

To short cut to the end of my story—as Dr. Esenwein has taught me to do—I am no longer a clerk, I am an author. I have an income on a new scale that will run to five figures this year. Editorial doors are open to me. I am in "Who's Who," that volume of notable Americans. Frankly, I have arrived.

My sincere advice to the man who thinks he has talent as an author is: Write to Dr. Esenwein and get started post haste on his

wonderful Short-Story Course. Of course, I won't promise that you will duplicate my success, but you ought to be able to learn to write stories which will give you a real income—the independence and the position that you have dreamed of. And you *may* be a genius. You *may* be the Great American Writer.

There is no institution from which you can get so much help—no other way to receive Dr. Esenwein's personal instructions, criticism, and guidance in discovering and developing your talent for authorship. Dr. Esenwein's courses have done more for writers, young and old, those well educated and those lacking in school training, than any other force in America. The great universities recognize this, for more than one hundred members of the English faculties of institutions of higher education are studying in The Home Correspondence School's Literary Department.

And from this same School you can get instruction in magazine writing, photoplay writing, journalism, verse writing. You can develop the talent you possess along *any literary line*. And through Dr. Esenwein's manuscript criticism service, you can have the help of a famous editor and critic in making your stories acceptable to other editors.

Don't delay another minute. Sit down at once and write for the School's catalog, *sent free*, containing a full description of the Short-Story Course. Please address



DR. ESENWEIN

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Established 1897, Incorporated 1904

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New Method Makes It Easy

Hundreds of people have musical talent and ability and don't know it. Hundreds of people are depriving themselves of the pleasure that only music can bring, because they don't know how to play, and they don't want to spend years in learning. Taking lessons from a regular music instructor means long, tedious hours of practice; and it takes months and months and months, often years, before you can actually play with credit—before you can entertain your family and friends. No wonder this method is so discouraging—no wonder so many men and women, once they have commenced to take music lessons, discontinue so soon afterwards. And who can blame them? Life is too short to devote so much time to practicing uninteresting exercises and scales.

At last a new method has been evolved that makes it remarkably easy for you to play your favorite musical instrument—that enables you to master it within an amazingly short time. Without any musical education or special training, you can learn to play any kind of music, by NOTE. Even though you don't know the first thing about music at the start, you can become a finished musician within a remarkably short time.

There are no numbers to follow or "trick methods" to apply. It is a rapid, efficient, scientific method that permits you to use the same notes as Kreisler, Paderewski, Galli-Curci, etc., etc.

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| Saxophone | Piccolo |
| Cello | Trombone |
| Hawaiian | Banjo |
| Guitar | Tenor Banjo |
| Voice and | Speech Culture |
| Automatic | Finger Control |

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We will send you FREE a wonderful book which explains how to *test your own musical ability*. It is also filled with interesting information about the joy of music, how to learn both theory and practice, how music will open the door to the finer things in life, how it adds to your personal charm, how it enables you to make more friends, and how it can bring you success. It also tells you how automatic finger control can be gained, how to choose an instrument, how to get a Teachers' Certificate and many other interesting facts.

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is FREE—send for it TODAY, before the edition is exhausted. Simply fill out the coupon below and mail it to us or if you prefer, send us a letter or a postal card. But be sure to send AT ONCE. Please write name and address plainly. U. S. SCHOOL OF MUSIC, 184 Brunswick Bldg. New York.

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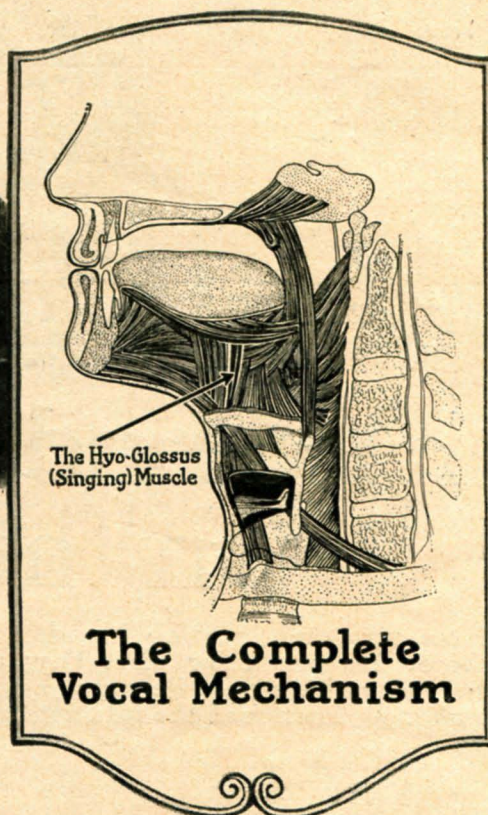
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YOU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

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Strengthen this muscle and your voice becomes full, resonant and rich. Your tones will have a color and purity surpassing your dreams. If you speak in public your voice will have vigor, expression, carrying power, endurance. All defects of speech will be remedied.

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The Perfect Voice Institute does not ask you to take a chance. We absolutely guarantee that Professor Feuchtinger's methods will improve your voice 100% in your opinion—or refund your money. You

are to be the sole judge; on your decision depends whether or not we keep your money.

You take no risk. We take no risk. Over 10,000 pupils have received the happy benefits of Professor Feuchtinger's methods. They always make good.

Who Professor Feuchtinger Is

Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg, Professor Feuchtinger, A. M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you through the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

Great Opera Stars Among His Students

Mdme Puritz-Schuman, Sofie Wiesner, Metropolitan Opera; Villy Zuern, Paul Hocheim, Julius Broschke, Mdme. Marg. Krabb, Paul Bauer, Magda Lumnitzer, Adolph Kopp, Ylva

Hellberg, Anton Hummelstein—these are only a few of the operatic song birds who have studied under Professor Feuchtinger during his years as a maestro in Berlin.

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There is nothing hard or complicated about the professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes a day—that's all. The exercises are silent. The results are sure.

If ambitious to improve or restore your voice, you owe it to yourself to learn more about the function and the importance of the singing muscle—the Hyo-Glossus. Inform yourself about this new and scientific method of voice culture. The literature we send will be a revelation and an education.

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Every reader of this magazine is cordially invited to send for Professor Feuchtinger's great book on this subject. It's free if you fill out the coupon below. The number of these books is limited. Don't delay! Don't wait! Act today! Filling out the coupon below may be the turning point in your life. Send it right away.

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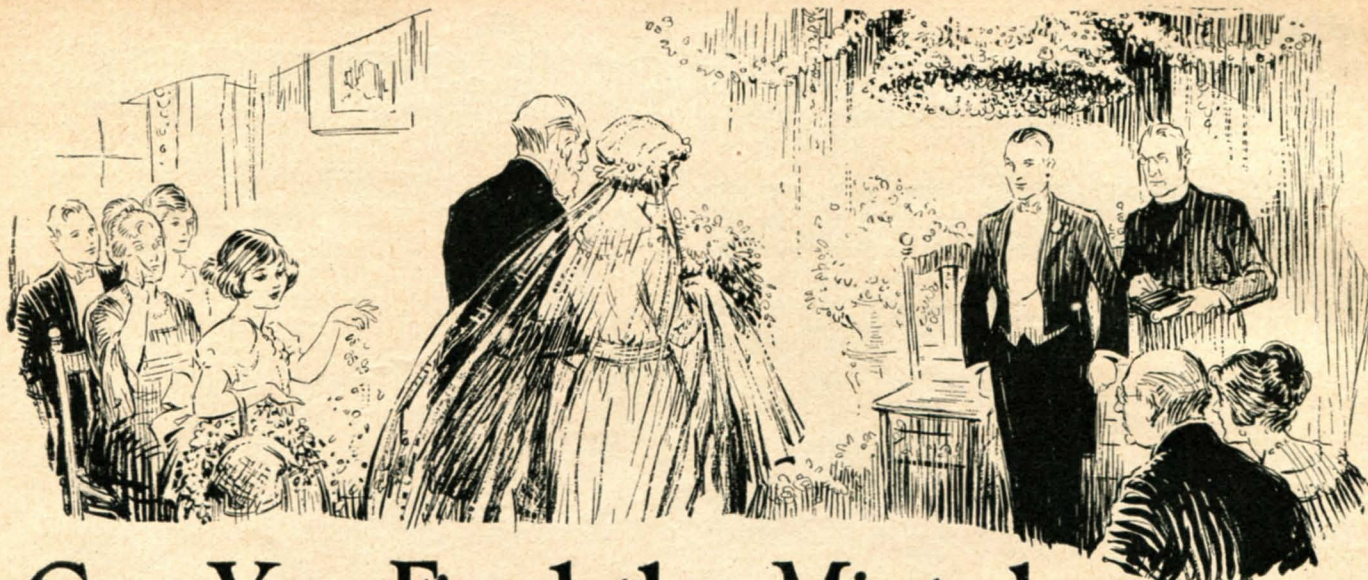
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Can You Find the Mistakes in This Bridal March?

Some very embarrassing blunders are being made by the people in the picture above. Do you know what they are? Can you point them out? Perhaps you are not quite sure. Perhaps you do not know the blunders to be avoided at the wedding. Then read the interesting article that follows—and see if you can find out.



A very serious blunder is being made by one of the men in this picture. Read the questions in the accompanying articles and perhaps you will be able to find out what it is.



You should have no trouble in pointing out the error that is being made in this picture. If you aren't quite sure, read the rest of the article and see if you can't find out.

Whenever you meet a man or woman for the first time, you immediately form an opinion of him or her in your mind. You may not be conscious of it at the time, but later when you think of that person you think of him as cultured or uncultured, well-bred or ill-bred, coarse or charming. It is a natural instinct in people to judge one another by action and speech.

In the ballroom, on the street, at the theatre, wherever we chance to be, strangers are judging us by *outward appearances*. They are watching for the little rules of conduct that divide the cultured from the uncultured—the important little rules of etiquette that immediately betray the ill-bred. Whether we are admired as being well-poised and attractive, or looked upon as coarse and ill-bred, depends entirely upon how well we know and follow the rules of etiquette.

How much do you know about the laws of good conduct? How much do you know about dance etiquette, street etiquette, wedding etiquette? Here's a splendid test for you. See how many of these questions you can answer.

Can You Answer These Questions?

First let us consider etiquette at the theatre. When a man and woman enter the theatre together, who precedes—the man or the woman? Is it correct form for them to walk arm-in-arm? When their places are indicated to them by the usher, who enters first, the man or the woman?

Which seat should the women take, in a box, and which the men? Should the women remove their hats—or don't they wear any? What is the correct dress to wear to the theatre in the evening?

In making introductions which is correct, *Bobby, this is Miss Smith*, or *Miss Smith, this is Bobby*? Should you say, *Mrs. Brown, may I present Miss Blank*, or *Miss Blank, may I present Mrs. Brown*? Is a man introduced to a woman, or a woman to a man?

Who leads a wedding march? At which side of the clergyman is the bridegroom supposed to stand? How should the home be decorated for a wedding? Do you know why rice and slippers are thrown after the bride, why a woman who marries for the second time may not wear white, why a teacup is usually given to the engaged girl?

May a man ever take a woman's arm? What is the correct position for a man who is walking with two women, between them or on the outside? Is it permissible for a woman to take a man's arm?

There are hundreds of other questions we could ask you—important questions of everyday etiquette—important problems of conduct that confront you every day in your contact with men and women. The fixed rules of etiquette make it possible for people to know whether we are making mistakes or whether we are doing the thing that is absolutely correct and cultured. They are quick to judge us—and just as quick to condemn. We must know exactly what to do, say, write and wear on all occasions if we wish to make a favorable impression on those whom we come in contact with.



Some very serious mistakes in dress are being made by the people in this picture. Can you find them?—there are three all together.



Here is a mistake you would hardly expect anyone to make —yet it is made so very often! First read the article from beginning to end, and then see if you can find it.

The Book of Etiquette Sent FREE

It is not necessary to associate for years with cultured people in order to learn the rules of good society and to acquire the polish and poise so necessary to success in social and business life. Any one can now quickly master the rules of good conduct. Into the famous Book of Etiquette have been gathered all the important rules of etiquette that men and women of good society must observe—that people of culture must follow.

The Book of Etiquette is widely recognized as one of the most dependable and reliable authorities on the conduct of good society. It has solved the problems of thousands of men and women. It has shown them how to be well-poised and at ease even among the most brilliant celebrities. It has shown them how to meet embarrassing moments with calm dignity. It has made it possible for them to do and say and write at all times only what is absolutely correct.

And this famous Book of Etiquette, containing authoritative information on all problems of every-day conduct, will be sent to you entirely free for 5 days' examination! You can have it free for examination simply by requesting it—and you have the guaranteed privilege of returning it without cost or obligation if you are not delighted with it.

Have you ever wondered whether you were making a mistake or not, whether people were misjudging you, whether you were making a favorable or unfavorable impression? Wouldn't you like to be always sure of yourself, always calm and well-poised in the assurance that you were doing or saying the thing that was positively correct? Let the Book of Etiquette show you how you can do it!

Mail the Coupon Now!

The Book of Etiquette is published in two large library volumes, bound in cloth and richly decorated with gold. From cover to cover, both books are filled with interesting and valuable information. So tremendous has already been the demand that this handsome new edition is expected to go quickly. Send for your set at once, so that you can examine the books free for 5 days while this edition lasts. No need to send any money—just the coupon.

Surprise your friends with your wide knowledge of the correct thing to do, say, write and wear at all times! Remember that it costs you nothing to see and examine the Book of Etiquette—to read some of the interesting chapters and examine the illustrations. Get off the coupon today. Keep the set 5 days. Within that time decide whether you want to return the books, or keep them and send us only \$3.50 in full payment. But act at once, this very minute. Clip the coupon and mail it NOW! Nelson Doubleday, Inc., Dept. 84, Oyster Bay, N. Y.



One should be very careful to avoid the mistake that is being made in this picture. If you don't know what it is, read the questions listed in the accompanying article—and you'll probably find out.



Mistakes at the theatre are often very embarrassing. There are quite a few questions on the etiquette of the theatre in the article to the left. Read them, see how many you can answer—and find the one illustrated here.

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Free for 1 days, send me the Book of Etiquette. I am to have the privilege of keeping the books for 5 days, and within that time returning them without cost or obligation, or keeping them and sending you only \$3.50 in full payment. I understand that I have the guaranteed privilege of returning the books within the 5-day period if I am not delighted with them.

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☐ Check this square if you want these books with beautiful full leather binding at five dollars with 5 days' examination privilege.



Do you know what's wrong in this picture? You'll find out if you read the interesting article above. Mistakes in public can be very embarrassing, you know. Be sure you find out what this one is—and avoid it.

An Open Letter

Do you recall one of those rare moments in life when the veil is lifted for a moment, when a breath of inspiration comes like a flash, when the future seems to be suddenly illuminated, when you feel a mastery stealing into hand and brain, when you see yourself as you really are, see the things you might do, the things you can do, when forces too deep for expression, too subtle for thought, take possession of you, and then, as you look back on the world again, you find it different, something has come into your life—you know not what, but you know it was something very real?

Winning victories is a matter of morale, of consciousness, of mind. Would you bring into your life more money, get the money consciousness, more power, get the power consciousness, more health, get the health consciousness, more happiness, get the happiness consciousness? Live the spirit of these things until they become yours by right. It will then become impossible to keep them from you. The things of the world are fluid to a power within man by which he rules them.

You need not acquire this power. You already have it. But you want to understand it; you want to use it; you want to control it; you want to impregnate yourself with it, so that you can go forward and carry the world before you.

And what is this world that you would carry before you? It is no dead pile of stones and timber; it is a living thing! It is made up of the beating hearts of humanity and the indescribable harmony of the myriad souls of men, now strong and impregnable, anon weak and vacillating.

It is evident that it requires understanding to work with material of this description; it is not work for the ordinary builder.

If you too, would go aloft, into the heights, where all that you ever dared to think or hope is but a shadow of the dazzling reality, you may do so. Upon receipt of your name and address, I will send you a copy of a book by Mr. Bernard Guilbert Guerney, the celebrated New York author and literary critic. It will afford the inspiration which will put you in harmony with all that is best in life, and as you come into harmony with these things, you make them your own, you relate with them, you attract them to you. The book is sent without cost or obligation of any kind, yet many who have received it say that it is by far the most important thing which has ever come into their lives.

Be careful that you do not miss this wonderful opportunity because of its great simplicity. Get your letter in the mail to-day; it will take but a moment, but it may be the supreme moment, in which you may discover the secret for which the ancient alchemists vainly sought, how gold in the mind may be converted into gold in the heart and in the hand!

CHARLES F. HAANEL, 212 Howard Building, St. Louis, Mo.

PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

Physical Culture Week

PHYSICAL CULTURE has gained a world-wide influence.

It is about time for us to begin to celebrate.

We ought to be surcharged with pride as we look back and realize what has been accomplished.

With this idea in view, we have set apart what we call "*Physical Culture Week*." We want to consecrate this period to celebrating the progress made in the physical culture idea.

Therefore, let it be known everywhere, that from May 1st to May 8th inclusive, will be termed *Physical Culture Week*.

We want to make this week the banner week in our history.

We want every physical culture enthusiast to devote all his leisure at this time to the promotion of physical culture. Call the attention of your friends and acquaintances to what this health reform has accomplished in your own case. Show them the wonderful progress made by this movement.

The extent of our growth is indicated by comparing the *PHYSICAL CULTURE* Magazine as it was when it sprang into life nearly twenty-five years ago, with the publication as it is today. *PHYSICAL CULTURE* began as a small, five-cent pamphlet. It was little more than a circular. Year by year it has gained in strength and influence—and in size.

There was never a publication that had a more serious excuse for existence. The principles and ideals which its editorial utterances represent are as staunch and stable as the Rock of Gibraltar.



Weakness Is a Crime— Don't Be a Criminal!

THESE words were blazoned forth from our covers for many years. Such bold utterances attracted the attention and aroused the contentious spirit of many who were opposed to such radical statements.

But year after year *PHYSICAL CULTURE* has branded these slogans into the minds and hearts of the people.

Weakness is a crime against the individual affected, and to some extent against all those who come in contact with him or are influenced by his life.

Vibrant health is the natural heritage of every human unit. When the physical status does not approximate this normal condition, *somebody* is to blame. It may be parents or teachers; but every child must be given those opportunities which are essential to full and complete development of its physical organism.



Physical Culture in the Schools

PHYSICAL CULTURE has been introduced into the schools; we have calisthenic drills and a few other transient and ineffective attempts to develop the physical bodies of the children. But this is

only a small beginning. It does not in any adequate degree bring out the complete physical powers of the child's organism. The development of the body should stand at least equal in importance to the training of the mind: as much attention should be given to building bodily vigor as is being given to mental development.

And Physical Culture will not be satisfied with anything short of this demand. About fifty per cent. of the time should be given to mental development and fifty per cent. to physical development. Any school in which this ratio is not adhered to is assisting in the general devitalizing process that brings individuals and nations to ultimate ruin and oblivion.



Advance in the Art of Drugless Healing

DO you want to know what physical culture propaganda has accomplished? Look back fifteen or twenty years. The healing art at that time was confined almost exclusively to medicine. The treatment of disease in all cases was medical in nature.

Murders by the thousands were committed under the protection of the so-called science of healing. Ask any doctor, medical or otherwise, and he will assent to the truth of this statement.

The so-called "scientific" treatment for fevers made recovery well-nigh impossible. The crazed victims of fevers were denied even a drink of water.

Pneumonia, consumption and allied diseases were treated in rooms almost hermetically sealed.

Can you comprehend the diabolical ignorance that paraded at that time as "scientific" medicine?

The Physical Culture art of healing is definitely and dependably scientific. It eliminates the guess-work policies which have been adhered to for generations by medical experts.

The millions of messages sent out in our publication month after month have borne an amazing harvest.

America is practically the only country where drugless healing has made great progress. The value of hydropathic treatment and sun baths has been recognized in Germany, but there is little knowledge in that country on other natural methods of healing.

In America every phase of natural healing has taken root and grown with astonishing rapidity.

Physical Culture propaganda has torn down the principles of allopathic medicine. *PHYSICAL CULTURE* has proven to every intelligent individual that medicine has had its day. With brazen effrontery, the disciples of allopathy continue their practice. But every *intelligent* and *conscientious* representative of this so-called "science" of healing, has seen the handwriting on the wall. They know medicine is doomed, and they are beginning to accept hydrotherapy, diet, and the various mechanical means of building vitality that have been advocated so emphatically by physical culture enthusiasts everywhere.

Why We Celebrate Physical Culture Week

WE want you to set this first week in May aside as a time for thanksgiving. You, who have saved your own lives, you who have found strength, efficiency and happiness through adhering to Physical Culture principles, go forth during *Physical Culture Week* and spread the good news.

Parents whose children are strong and vital because of the knowledge of physical culture; whose children have been saved weakness, sickness and death (which visit the usual home): Go forth at this time and spread the message of good tidings that surcharges your innermost soul.

Parents who are thoroughly imbued with Physical Culture principles look upon the death of a child as unnecessary. There may be an occasional exception; but the passing of a white hearse proves neglect or ignorance of parents or the incompetence of some physician. "An Unnecessary Death" is written all over the coffin—all over the white hearse that carries a child to the cemetery. And there is no tragedy in life so damning as the unnecessary death of a little child.

Let us therefore work together to make *Physical Culture Week* a great educational force—a great life-saving campaign.

We are no longer classed as mad fanatics, as we were a few years ago. We are at least beginning to be accepted almost everywhere. We are of The Elect. Our influence is felt in every community—almost in every home.

Let us make this influence which we have earned dominating and powerful. Intelligent effort and your support—the support of each and every one of you—can help us do it!



Introduce Physical Culture to Your Friends

IF you want a few sample copies of our magazine to give to your friends during *Physical Culture Week*, write and tell us how many you can effectively use.

If you would like to have a few copies of a small booklet that will present the principles we advocate in a few pithy, terse sentences, tell us how many booklets you can conveniently pass out among your friends, and we will send them to you.

We have posters that can be placed in the windows of your own home and the homes of your friends, that announce these words:

"THIS IS PHYSICAL CULTURE WEEK."

Naturally, when people see a poster of this sort they will be curious to know what is meant by *Physical Culture Week*. Then and there will be your opportunity to make the truth known.

You can tell them what physical culture has done for you and yours. You can explain what it will do for everyone who is willing to be guided by its prin-

ciples. You can show the absolute relation between health and super-efficiency. You can demonstrate that to be efficient, one must be full of "pep" and power; that regardless of the nature of one's activities, Supreme Health is of the utmost importance.



The True Value of Health

WHAT Physical Culture reform has accomplished in the past is infinitesimal compared to what it will accomplish in the future. The day is coming when Health will be recognized at its true valuation—when physical capital will be placed in its proper sphere of importance.

Everywhere, at the present time, we are sacrificing health, the most valuable of our earthly possessions, for a few paltry dollars or a little social influence. The time will come when an exchange of this sort will be universally ridiculed. No one will be so foolish as to think of making a sacrifice of this nature.

We want *Physical Culture Week* to be the period when these great life-saving methods will be driven home to the people everywhere. We hope to make everyone thoroughly understand the principles and the ideals that we so earnestly advocate.



What Has Physical Culture Accomplished?

YOU can show your friends how physical culture and its health-building powers will add to one's money-making capacities.

You can definitely prove how this same influence will enable one to keep young far into middle age—and sometimes even into the age that is called old.

About three centuries have elapsed since Thanksgiving Day came into the lives of the citizens of this country. It is a period when the people are exhorted to give thanks for their deliverance from hunger, suffering and possible death.

Let us make *Physical Culture Week* a period of thanksgiving. We have more reason to give thanks for what we have secured through the physical culture idea than the Pilgrims had when Thanksgiving Day was originally instituted. We have avoided weakness, cheated sickness, and side-stepped early death.

We have been saved from the Medical Monster. We have been delivered from the ignorance, superstition and prejudice that have guided the healing art for centuries.

Today we can see the light of life, and health, and strength—the buoyant powers of splendid manhood—the glorious beauty and strength of superb womanhood greeting us along life's road. We can enjoy these supreme gifts. Our progeny can be given this invaluable heritage.

At no other age in the world's history has it been possible for man to rejoice in so exalted and glorious an inheritance.

Dear Mr. Macfadden:

Address Physical Culture Corporation, 119 West 40th Street, New York

I am enthusiastic about Physical Culture Week. Enroll me as a worker. Tell me what I can do in my community to tie up with this great national movement.

Name.....Occupation.....

Street address.....City.....State.....

Clemenceau's Rules of Health

By Dr. Frank Crane

SOME time ago Dr. Copeland, the Health Commissioner of New York, quoted a saying of Georges Clemenceau, the tiger of France, which he uttered upon the occasion of his eightieth birthday. When asked the secret of his unfailing youth, the distinguished Frenchman is reported to have said, "Go to bed at seven and rise at four. Work hard. Never eat meat. Confine your diet to oatmeal and toast, fish, water and milk. Use no liquor. Never dine out. Never marry."

This recipe has the advantage of being terse, definite and positive. Most of us are undecided most of the time. And when we find someone who will make a downright statement we love to lean upon it, whether it is so or not.

This is the reason perhaps why many fads and sects are successful. It is because their apostles are not troubled with doubts.

Unfortunately, however, life is not sure, succinct, and clear. It is complex. Worse than that, it is fluid. Its terms cannot be stated in mathematical formula.

In other words, life is an art and not a science. The difference is that art is something that one has to learn by constant experiment and practice, while science is something you can learn out of a book.

Nobody can learn how to live out of a book.

Most of Clemenceau's rules in the above paragraph are wrong, although some of them are right.

Instead of going to bed at seven and rising at four, the sensible rule is to get plenty of sleep, and how much sleep you need is a matter that you have to determine for yourself.

A diet of "oatmeal, toast, fish, water and milk" might suit some people, but to apply it to people generally is absurd.

Diet is a matter that requires two things. First, an intelligent understanding of food values. Second, careful and honest experimentation upon one's self. What is one man's meat is another man's poison.

His advice, "Work hard," is one hundred per cent. sensible.

His prescription, "Never eat meat," is perhaps ninety per cent. sensible. Most of us eat too much meat and the average person would be better off if he would search in other directions for the food value which meat contains.

But meat is a normal and perfect human food. The trouble with it is, it is too perfect, and those who eat much meat are overstimulated and overfed.

The injunction to "Use no liquor," is sound. Alcohol has no food value for the average person. The normal and healthy man has no need whatever for alcohol, and whenever he takes it he is increasing his chances for disease. Alcohol, however, has a certain medicinal value, according to the opinion of some.

The right idea of alcohol is that it belongs to the same category as opium, cocaine, and other drugs, which have their place in the medicine chest of a physician, but which should not be used in social functions.

When he tells us "not to dine out," perhaps he is merely indulging in a half-humorous extravagance. Dining out is one of the great pleasures of the human race and it would not increase the general health to stop its practice.

When he says to us, "Never marry," that also may be a sort of witticism. As a matter of fact, marriage is the state in life most conducive to long life and sound health.

Most conspicuous, however, in Clemenceau's advice are the things he left out. He omitted five things which are of fundamental importance in any generalization about health.

The first is plenty of fresh air,—fresh air in the sleeping chamber, and as much fresh air as possible in our daily work and play.

The second is intelligent and regular exercise, without which the human machine clogs, rusts and breaks down.

The third is cleanliness, for the most deadly diseases incident to humanity arise from dirt, as for instance, yellow fever, cholera, typhoid and syphilis.

The fourth is elimination—keeping the bowels open and the pores of the skin clean is one of the best health insurance policies.

And the fifth, and perhaps the most important of all, is "Don't worry." Whether thought can cure disease or not may be debated, but there is no doubt in the world but that most of our diseases are caused, or at least aggravated, by worry.

The Smile

Look at these faces
for five minutes—and
then stay grouchy if you can!



Frank Bernard Flink,
Kansas City, Mo. Dr.
Flink is a sure cure
for the blues.

(At left)

Laurence Murdock
Christman, Tampa,
Fla., and his regular
lady-killing, smiling
eyes.

(At right)



Aryah Leon
Rubinstein,
Brooklyn, New
York, "Shouting
the Battle Cry of
Freedom"—or
something.

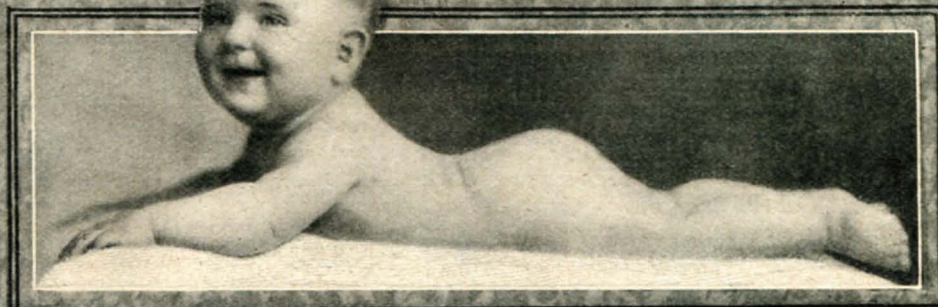


(Above)

Rolland Panze, about the happiest
young man in all Canada.

Robert Michaelis, Jr.,
Denver, Colo., feeling about
as usual.

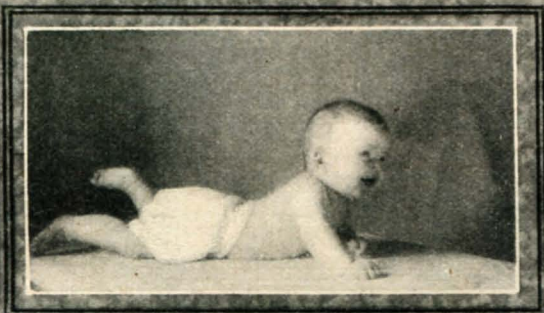
(Below)



Irresistible

Cora Leona Ruess,
Kalamazooing
because she lives in
Michigan, the
happiest girlie there.
(Below)

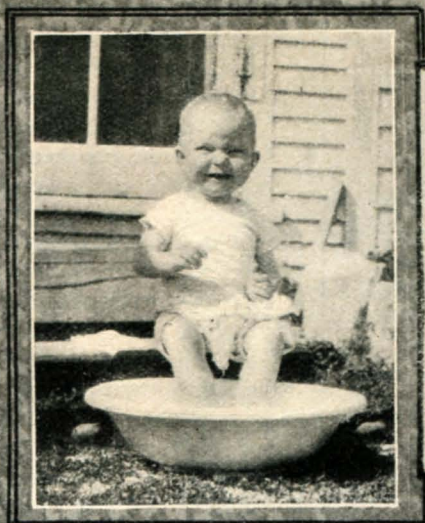
Raymond W.
Mitchell, El Paso,
Texas, does a little
act called, "Radiat-
ing Sunshine."
(At right)



And just look
who's here—
"Betty" Jane
Hennessey,
Bellmore,
L. I., N. Y.



Jocelyn Smiles
Mason, Tampa,
Fla., with smiles
even in her
name.



Genevieve Barnhard,
Freehart, Michigan.
"And when she smiles,
she smiles all over."
(At left)

Lewis Leusch, South
Bend, Ind., "It's a
great life!"
(At right)



Learning to See without Eyes

The Story of a Blinded Soldier—The Prize Winning Story of "My Greatest Problem—and How I Solved It."

By J. M. L. Gravelle

WHEN first I opened my eyes to darkness, I was dismayed and frightened at the thought of being blind, but I firmly hoped that the specialists to whose treatment I submitted myself with almost complete quietness of mind, would, in a short time, restore my sight. But when the doctors pronounced it gone forever, I was absolutely crushed. I saw myself for the rest of my life, a worthless, useless Thing. I was still young enough to see ahead of me many years of what I could not imagine would be anything else but dire misery.

My conception of a blind man was that held by the average sighted person. I had always believed that unless a man was the possessor of a fortune when he lost his sight, the only means of subsistence left at his disposal was public charity. He had either to beg or to starve.

I had supposed that, if he had "a good ear for music," of course, he might become a piano-tuner, but I had no great faith in blind piano-tuners and suspected that their customers employed them only because of sympathy. I reflected that of course begging could be disguised in many different ways. The unfortunate could sell pencils, shoe-laces, notepaper or toilet soap. He could even play the violin or sing "the latest success" on the street corner. Whether he was musical or not carried no weight. But all that was begging; begging with *frills on* perhaps, but it was begging nevertheless.

Another alternative might be the incidence of having some "well-fixed" relative or friend who would take care of him. But this would only be another form of living upon charity.

Now it happened that I had no fortune, not the

ghost of one. Nor had I any well-to-do relative or friend on whose bounty I could subsist. I had always hated begging in any shape

This Is the Prize Winning Story

WE are pleased to announce the winners in our recent contest held under the title "My Greatest Problem—and How I Solved It," which may be regarded as the most successful contest of this kind that we have conducted, in view of the fact that there were some three thousand entries. The winners are as follows:

| | |
|----------------------------------|--------------------|
| J. M. L. Gravelle, Toronto, Ont. | First Prize \$500 |
| Fred R. Wedge, Benson, Ariz. | Second Prize \$250 |
| Mrs. N. C. C., New York City | Third Prize \$150 |
| Mrs. B. W. R. | Fourth Prize \$100 |

The second, third and fourth prize stories will be published in our May, June and July numbers respectively.

Incidentally, we congratulate ourselves upon the high merit of the stories received, of which we expect to publish, from time to time, a considerable number. They will help us to give this magazine its characteristic vital and human qualities.

done, and were doing. This set my mind working in a somewhat hopeful channel. And in the way of physical "uplift," the army medical officer in charge, who was a sensible man and a good doctor, ordered that I indulge in a great deal of exercise, take long daily walks, and incidentally that I keep my mind off my misfortune as much as possible by taking part in all recreations.

or form, for I was possessed of an exaggerated feeling of independence and great pride.

I worried and brooded and fretted. I became nervous and irritable. I spent restless days and sleepless nights. I could hardly eat enough to keep alive. My hair became white in two months. My weight, which had normally always been over one hundred and fifty-five pounds, fell to one hundred and twenty-three. I suffered continuously from horrible headaches.

At this point, I was transferred from the hospital to a convalescent home. Here the first glimmer of hope reached my distressed mind in the form of the attention and encouragement of the matron, who in earlier life had had considerable experience amongst the blind. It was she who told me of what they could do, had



The nurses and the patients all united in their efforts to help me. Twice a week, one of the Little Nurses even went so far as to deprive her pet bull terrier of its daily outing taking me out instead. Another nurse, I remember well, often compelled me to walk until I felt absolutely "all in." She was about eight inches taller than I, and by her side I felt really like the other nurse's doggie.

I appreciated those kindly acts, although they hurt my feelings of independence, and wounded my pride. But, besides obeying the doctor's orders to take exercise, I began to realize that I had to start my education all over again, and to learn, even as the child does, how to walk with a steady and firm step. The exercise benefited me and I could now sleep a few hours each night.

My discharge from the army was then granted me and I was sent to a school for the blind for preliminary training.

Just before I left the convalescent home, an incident occurred that awakened in me the first effort of will.

A blind man, whom I had known in former years, (and, who by the way, was a piano-tuner) came to see me. He came alone, and I learned from him that he went the round of his customers without a guide. I ventured no remark openly, but I said to myself: "If he can go out alone, I can do so too."

From then on, I bent my energy to the sole purpose of learning to do things for myself. I had no definite goal in view except that I must learn to become independent of outside help, and then to lead a useful life.

A year went by, six months of which I spent at school learning the principles of Braille and typewriting. Braille is the system of reading and writing used by the blind the world over, the writing being done with a small awl, termed "stylys," and the reading by feeling with the tips of the fingers the dots thus embossed. The other six months were spent at home where I tried my hand—or rather my foot—at going about alone in the near-by streets. I learned how to cut my food and how to feed myself not too awkwardly. In everything my progress seemed slow, but in spite of that my determination grew stronger each day and I trained my will to concentrate upon what I was doing, and endeavoring to forget my misfortune as much as I could. I realized that in order to do anything at all properly, I had to

devise special ways of acting or moving. I had to use method and order in everything. I had to train my ear to listen to all sounds and discern the direction whence they came. I had to train my sense of smell to detect things by their odor. I had to train my memory to remember things, and especially their location. I had to develop a strong sense of direction. It appeared to be a hard problem to solve, but I was determined to do it.

If my mind could no longer look coolly at the world through its natural windows, the eyes, it must learn to make the best of the "ways of seeing" that were left at its disposal, by utilizing the senses to that end.

The government now sent me to their subsidized School for the Training and Re-education of Blinded Soldiers. Here I arrived in a city where I had never set foot before and among people who were all strangers to me. I feared that this change of environment would prove a setback; that loneliness would add itself to my other worries—of which I was far from free, as yet—and indeed it did at first. However, I met some very congenial persons, whose friendship helped me a great deal to strengthen my determination to do things. The desire to show them that I was worthy of their friendship and that, although blind, I was still Somebody, and not a mere animated Thing, gave renewed vigor to my will power.

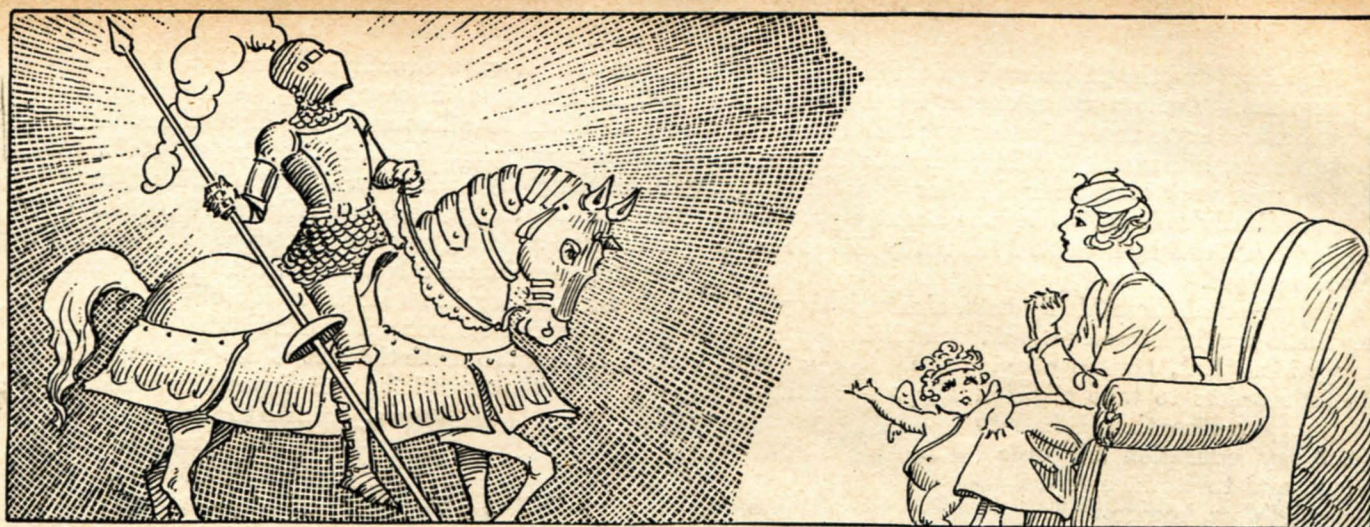
With the help of these friends, I was enabled to renew my long walks and secure moments of relaxation in wholesome amusements.

I walked a great deal, learning the "lay-out" of the strange city and the location of its public buildings and principal places of business. I visited the public parks and went to concerts and theater performances. I learned to dance. I took part in sports, tug-of-wars, races, and so forth. Also I took to the habit of a daily morning cold water plunge, and to sleeping with my window open, even in the coldest winter days. I made a point of taking my meals regularly and of absorbing a sufficient quantity of food, whether I felt hungry or not. I learned to play checkers and chess on boards having raised squares, and games with Braille-marked dominoes and cards.

Moreover, I determined that I would qualify myself to earn a living at the same kind of work that I had been doing when sighted. I had always been an office man, occupying positions as bookkeeper, accountant, and translator. I resolved (Continued on page 134)



Mr. Gravelle's problem has been the problem of thousands of others. His experience should stand as an inspiration to them.



Why Your Wife Doesn't Love You Any More

Are You This Man?—Are You, Too, a Wife-Crusher, Like Old Killjoy in This Delightful Satire, Who Cured His Wife of Loving Him Too Much

By Homer Croy

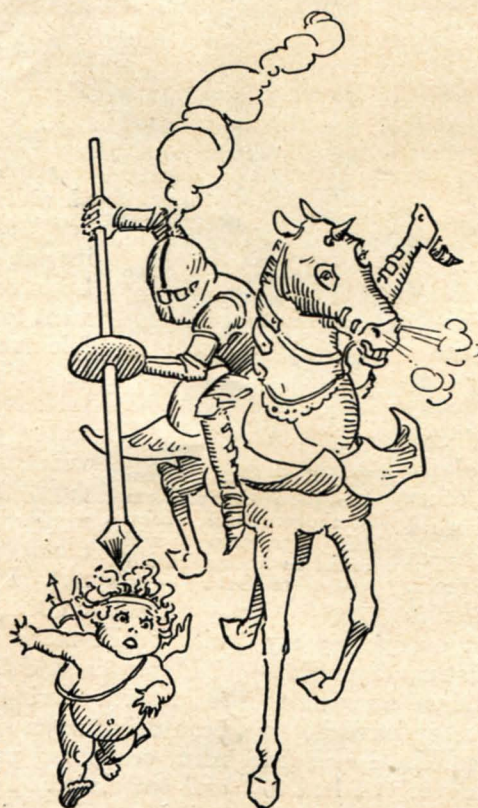
DECORATIONS BY H. R. McBRIDE

WHEN Angela and I were married she loved me a great deal and often I found it most inconvenient. Evenings when I wanted to slip out with some of the fellows, or drop in to the club for a game of crazy pool, she always wanted me to stay at home with her. And when I wanted to stay at home and rest up, nothing would do her but that she must sit on my lap. This had been all right when we were at Niagara Falls, but now I was beginning to notice it in my legs.

She was sincerely in love with me and thought that I was the most wonderful man in the world. I was inclined to agree with her, but now that I have resorted to the mange cure that once I spurned, I am beginning to wonder if the early returns weren't a trifle over enthusiastic. Most people start off thinking they are whirlwinds, but after awhile they find that they are merely zephyrs eddying in some mild calf-lot. The sooner they discover this and get down to work, the sooner they will turn up something worth while. But to Angela I was the Wonder Man. There wasn't anything I didn't know, and nothing I couldn't do. If she were reading along in the paper and saw mention

of Tierra del Fuego, she would call out confidently, "Dearie, where is Tierra del Fuego?" And I would have to tell her.

I hadn't the slightest idea—except that it sounded south—but I didn't let that hold me back. I gave a rough idea of its population in 1910 and how astonishingly it had grown by 1920 and then told how the shameless people spent most of their time going to bullfights. Then I started in to enlarge on the "natives" (as I called them) and as she looked at me with her big, expressive eyes I began to let myself out. I began to explain about a large tribe of head-hunters on the uplands and how once in awhile a Bengal tiger would come down upon one of the thatched villages and practically wipe it out. I drew quite a picture of the terror-stricken natives and of the monkeys chattering in the trees—and then at first opportunity I slipped off and looked it up to find that it was a splendid beef raising country and that there were movie theatres in great profusion. But I would not admit my mistake, as I am not the sort of man who will confess to his wife that he is wrong, but just led the conversation around till I could explain that the Bengal tigers were





no longer in such profusion as they once were, and that at present about the most dangerous animal was the great horned ant-eater.

Maybe the next evening I would again start to read and wouldn't get any farther than the fourth inning, when Angela would pipe up, "Lovey-dovey, what is raffia?"

It sounded easy and I would start in to say that it was a mean secret society in Italy, when I would have my doubts. Then I would crinkle my paper and say, "I beg your pardon, but what did you ask?"

By the time she answered I was able to clear my throat and talk in glittering generalities; but she had got my mind off my reading. Angela was the sort of person that Edison should have in his office. Then he would be able to devote all his time to mechanics.

Maybe inside of fifteen minutes she would ask me to explain Einstein's theory of relativity—and just when I was down to the box score.

"Don't you know there are only nine men in the world who can understand it?" I asked. Then I gave her a brief account of it and it would have been all right

except nothing would do her but she must ask a lot of fool questions. It was provoking—and especially when I had theories about which side would win.

Thus it was all the time. When anything went wrong with the plumbing it just seemed to make Angela beatific. She would come rushing in, just as I was settling down to a good detective story, and say, "Oh, dearie, something's gone wrong with the gas water coil. Won't you come and fix it?"

Of course I knew that I couldn't, and that we ought to telephone for the plumber, but instead of that I would have to get out the tools and lay off my coat and hammer around for half an hour. There was no way in the world for me to fix it, but this would never occur to Angela. She would pop her head in and shout, "Aren't you done, honey? The Springers are expecting us over this evening."

Dang it! I had forgotten all about that old bridge game. And besides, I hated it anyway. It always seems to me that playing bridge is a violent waste of time and brain energy. Personally I would rather just sit

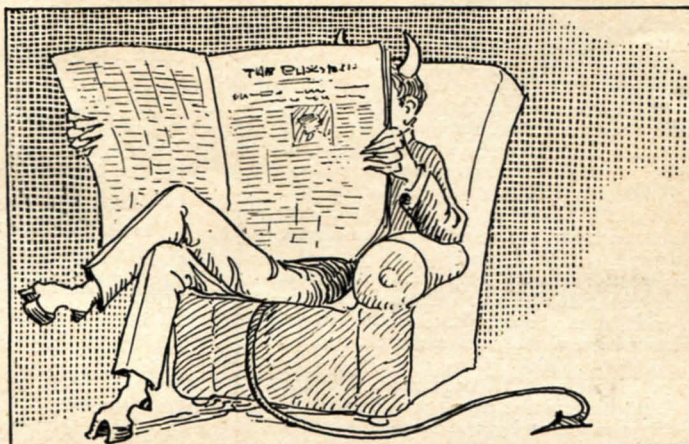
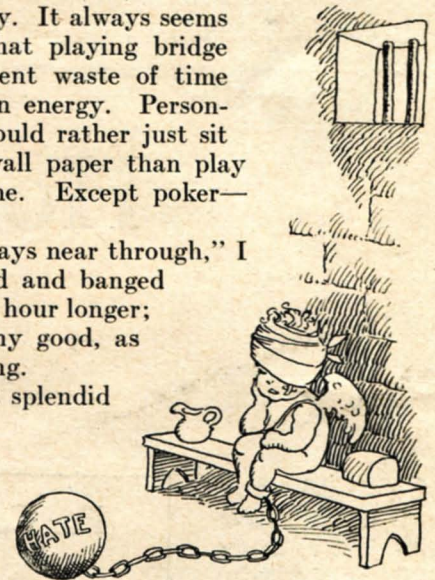
and stare at the wall paper than play some old card game. Except poker—that's different!

"I am not any ways near through," I said and hammered and banged around for half an hour longer; but it didn't do any good, as she was still waiting.

"I think it's just splendid of you to work down there so hard. Here's a teeny-weeny kiss for you. I telephoned them and they said it would

be all right for us to be late. Now run and wash up."

Things went from bad to worse. Of an evening when I would come in from the office, if she had a headache, she would come to me to be coddled (she said nothing else seemed to do her as much good) when the medicine cabinet in the bathroom was (Continued on page 125)



MCBRIDE



How I Stopped Coughing

By Alvin York

YEARS ago I used to have just as many colds as anybody. In fact, I was very delicate in my childhood and was thought to be peculiarly susceptible to colds. I wore rubbers, mufflers, very heavy underwear and all the other armament against the weather. I bathed in warm or hot water on cold days because it was pleasant to do so, and exercised only occasionally. I ate as my fancy dictated, and Fancy had a pretty strong leaning towards sweet, rich and highly - seasoned foods. I had no

For Colds and Coughs—Mr. Macfadden's Suggestions

THE proper remedy for colds of all kinds is general physical up-building. More exercise in the open air. Wide open windows in your sleeping room at night, together with a dependable, wholesome, vitality building diet.

All these things are especially important, though eating without appetite is perhaps one of the gravest mistakes that one has to contend with at such times. It is far better to wait for an appetite.

Meat, chopped top round of steak, cooked a la Salisbury is about the best food to use when one has a cold. Raw onions eaten with this meat are usually of advantage. Oranges taken frequently, between and during meals are usually of value. Drinking water in which you have squeezed a little lemon juice, is sometimes helpful.

But the most valuable means of quickly remedying an annoying cough is to "swill" a large quantity of water that has been sweetened until it is palatable, with strained honey. Honey is perhaps the best of all cough remedies, and when a large quantity of water is taken with the honey, the blood is greatly liquified and passes through the system more quickly, thus removing the toxins that are clogging functional activity, and which after all constitute the principal cause of the cough.

Therefore, when suffering from a cough, use water, hot or cold as desired, sweetened with strained honey. Drink to the fullest extent of your desires, quarts and quarts of this water. If it is taken before going to bed, you will usually take more if it is heated until it makes a palatable hot drink.

Keep this honey and water by the side of your bed. Drink it whenever you wake up. In every instance this will decrease the inflammation, loosen the phlegm and lessen the coughing to the extent required to throw up the mucus which sometimes clogs the throat and bronchial tubes.

Naturally when a cough serves this purpose it is necessary. But the racking cough that accomplishes nothing is not at all necessary, and can be easily cured in nearly every instance by the remedies herein suggested.—Bernarr Macfadden.

inclination to doubt the wisdom of the old fireside adage, "Feed a cold and starve a fever," which, as interpreted by our ancestors, meant that the sufferer from a cold would do well to eat plenty of meat and rich, greasy food, the supposition being that in some vague way these lubricated the skids by which the disease could be shot out of the system.

Then I began to change my mode of life. I had moved to a city surrounded by beautiful scenery, which tempted me to long walks. (Continued on page 127).

What Would You Do with a Burglar?

And What You Should Do

By John W. Grey

REFORMED BANK BURGLAR

WHAT would you do if you woke up and found a burglar in your house? What would you do if a hold-up man stopped you, stuck a gun in your face and told you to throw up your hands? Can

you truthfully say what you would do? No, I don't think you can. It is highly probable that you would be much upset, that if you were in bed you would remain there. Or you might get up and go looking for the burglar. You might refuse to obey the commands of the hold-up man, or you might obey him. If you knew anything about the art of jiu-jitsu you might try to disarm the bandit.

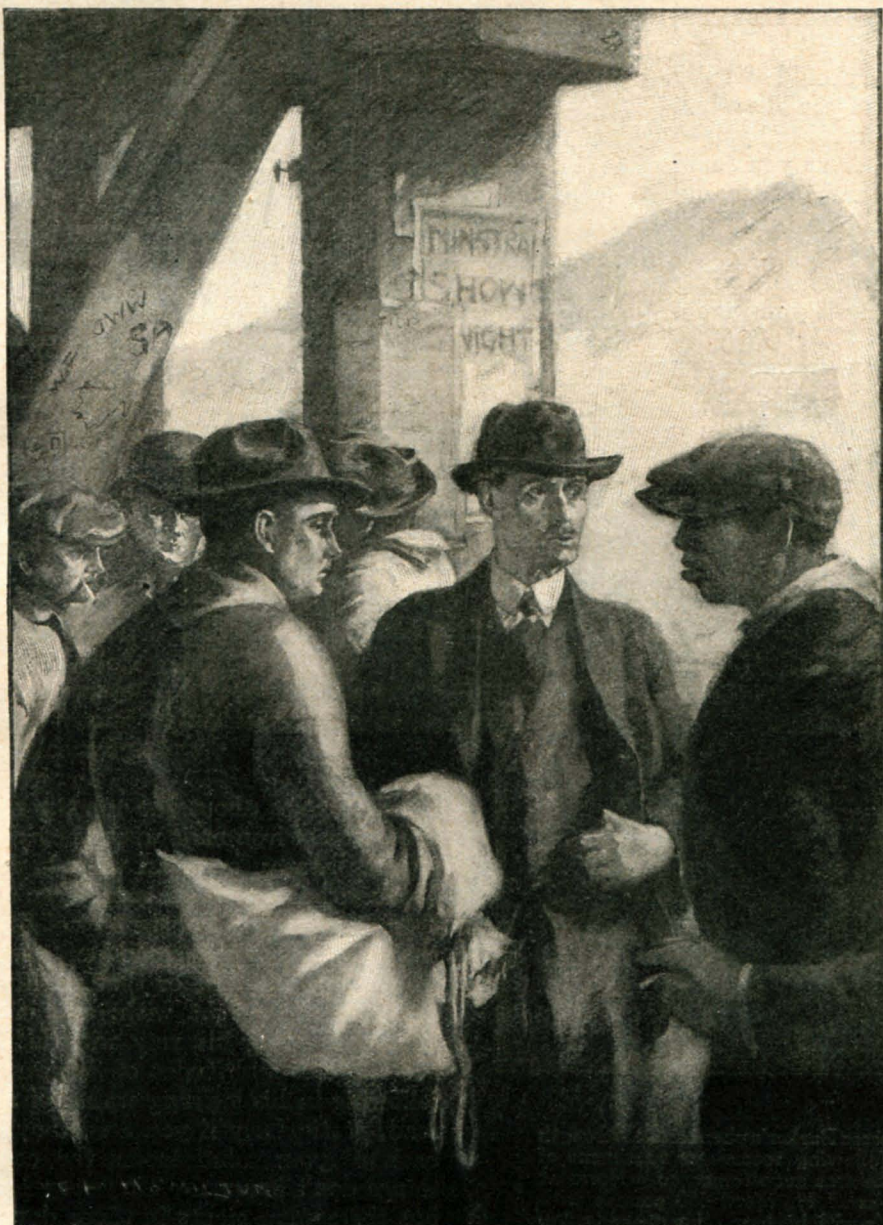
Before you can decide what you would do, you must know first what the burglar is going to do, how he thinks and acts under certain conditions; what effect certain actions have on him; how he views resistance, and what certain different kinds of burglars will do if you resist them.

the different types of burglars and their habits.

It is my purpose in this article to let you in on some things that may be the means of saving your life at some time in the future. It's not altogether improbable.

Bear in mind that I know my subject thoroughly. The various underworld types are as open books to me. I know every one of them from A to Z. I am going to give you the benefit of my fifteen years of association with them. I am going to tell you what you should do if ever one of these marauders of the dark gets into your home, or meets you on the street. I will try to paint a word picture of the various underworld types, how they operate, how they think and, how they will act under given circumstances.

First, let me classify the different castes. In the underworld, as in the upper, there is a so-called aristocracy. The aristocrat of the underworld is the bank burglar. In



"Whar you-all gwane, boys—to Baltimo'?" I could see his hungry, murderous eyes as he took a look at Ford's big diamond.

Before you go hunting for a burglar in your home, it might be well for you to learn something about

the middle class are the confidence men and gamblers. The so-called "poor folks" are (Continued on page 130)

“Hard Knocks Made Me Strong” — *Says Anthony Barker*

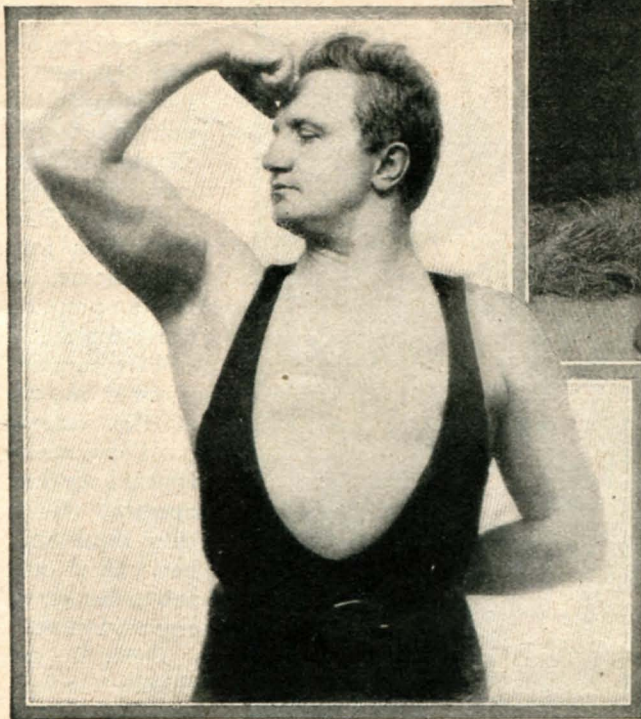
This Pioneer Physical Culturist, a Man of Great Personality, Poise, Power and Piety, Has Combined Health and Religion

By Wainwright Evans

IF you should casually drop into the office of a man you had never seen before, a man with a big dome of a head covered with a luxuriant stand-up crop of white hair, and set on a pillar of a neck that rose from one of the broadest backs and biggest pairs of shoulders you had ever seen;

And if the gentleman should casually lower his head in front of you like a bull about to charge, and should tell you to grab as much of his hair as you could with your two hands, and to hang on, keeping your elbows all the time tight against your ribs;

And if he should then casually swing you right off the floor, as if you were a



Illustrative of Professor Barker's phenomenal strength we may cite the following records as specimens of those feats which he was accustomed to perform at the age of twenty-five. He lifted 450 pounds with his teeth, 600 pounds with his hair. He pushed a 240 pound bar-bell overhead with one hand, and a 310 pound bar-bell over head with two hands. He broke heavy chains by expanding the chest, or three trunk straps, two around the chest and one around the waist. He supported five men on a 200 pound bar-bell placed across the shoulders, then spun around like a top until they were dizzy.



Anthony Barker at the age of twelve, at twenty, and in the third picture at thirty, having reached the maturity of his strength. He was then and still is one of our most distinctive strong men and teachers of health.

kitten instead of an able-bodied person with the respectable avoirdupois of one hundred and fifty pounds,

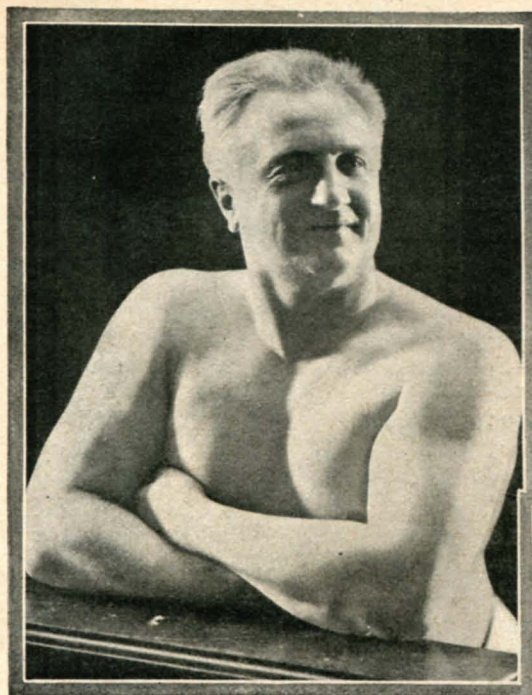
You would be impressed, wouldn't you?

I was.

It fired me on the spot with a thirst for bar-bells, dumb-bells, chest weights, and every other strong arm device known to the practice of physical culture.

You read, you know, in the old hero tales about the mighty men who could bite the heads of iron nails when they didn't have a pair of nippers handy, or when they happened to be angry because their breakfast gruel wasn't hot enough to suit them; and you read of the bow of Ulysses which none of the villainous suitors could bend; and of mighty swords which none but this or that mighty man could wield, and much less fight with; and of Richard the Lion Hearted hewing his way with his tremendous battle axe through multitudes of Saracens, with his knights following in his swirling wake; of all these things you read, particularly if you are a boy; but always in the back of your mind looms the conviction that such things don't happen. They may have happened then, but there were giants in those days; or, what is more probable, those legends are merely exaggerated fancies. We'd like to believe them, we cynics of this machinery age that refuses to accept heroes, fairies and dragons, but we can't.

At least that was my state of mind. I had taken to



Now nearly sixty, Professor Barker retains his youthful power and energy, as is particularly illustrated in the strength of his back denoted by the lower photograph. Though he is not now entertaining the public with feats of strength, but on the contrary has for years devoted himself to teaching others, nevertheless he is still capable of phenomenal feats.



judging the world more or less by my own biceps. I was completely out of the notion of just how powerful an engine the human machine, even an ordinary human machine, is capable of becoming. I had heard of the gentlemen who can lift a whole orchestra and a piano by making cantilever bridges of themselves; of men who can tear in two a New York Telephone Directory, two inches thick, without so much as resorting to the scissors grip; of those who can squeeze water from a potato as the giants in the fairy tales squeeze water from a stone. But it had never happened to me to come into close contact with one of them. I had never sought them out. I could see the reasonableness of having a well-developed body, kept flexible and strong by means of light exercises and daily dozens, but I couldn't see much sense in going beyond that point. Maybe there isn't. I don't pretend to judge. I merely want to set down here as facts certain impressions which I got from an interview with Professor Anthony Barker, the white haired man who swung me off the floor with his mighty pompadour—or maybe he just hadn't combed it since giving it its last exercise.

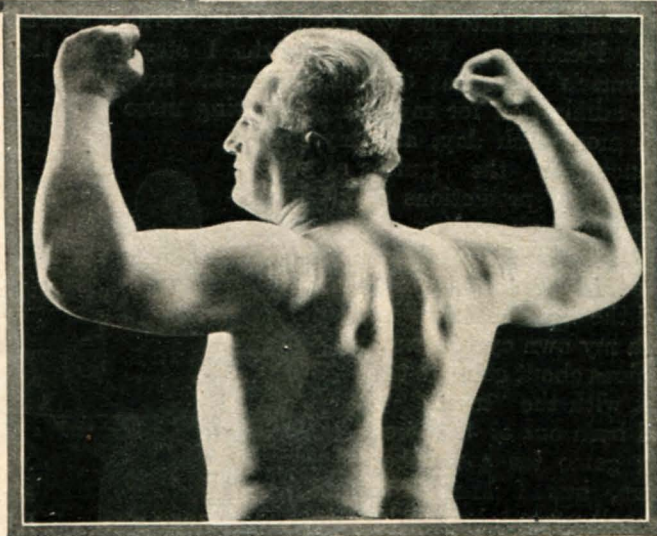
In the days when you had to pay an admission price to see him do things like that under the Big Tent, he used to vary the program with other stunts, such as lying on his back and permitting a succession of hefty circus colleagues to jump down from a height of ten or twelve feet onto his stomach. Apparently it never gave him a stomach ache; and to-day,—why he can eat anything! Yessir!

In those days he didn't live according to physical culture rules; and it was his practice, after letting his substantial colleagues jump on his stomach, to put that organ in good humor again by treating it to that good, old-time remedy on which, according to many testi-

monials, so many persons have reached a hale and hearty old age, Duffy's Pure Malt Whiskey. When he couldn't get Duffy's Pure Malt Whiskey, he took anything in the way of Red Eye or Rock Gut he could pick up.

But, as it happened, it wasn't the impact of the hefty feet of the hefty men that his stomach objected to. It was the whiskey. One day it told him so, by having a first class hemorrhage; and that was the beginning of the awakening of Anthony Barker. He gives every indication to-day that he is booked for a ripe old age. And he says that if he gets there, Duffy's Pure Malt Whiskey, or whatever the brand was, will have done it—by waking him up with a hemorrhage. From which it would appear that even whiskey, like other forms of adversity, may have its uses.

I mention the whiskey incident, not because it is in any way uncommon, but because it was the beginning of a long series of changes in Anthony Barker's way of living and in his way of thinking. In those days he was simply a strong man. He was young, he had a magnificent body, drink and excesses never seemed to put him on bad terms with Mother Nature; in defiance of everything everybody had ever told him, he apparently could go ahead and eat his pie and have it too. It was an animal sort of an existence, with the saloon as his chief resort in leisure hours.



It was also the sort of thing that kills; and perhaps he would have kept on with the fight in the notion that he could whip John Barleycorn, if the old fellow hadn't incautiously gone just a little too fast, and shown his hand in that stomach hemorrhage.

Young Barker thought it (Continued on page 116)

Fighting the Wrestling Trust

By Joe Marsh

IT was in the Spring of 1917 that "Farmer" Burns came to Chicago to see me.

"Joe," he said, "you and I have been friends for over thirty years. You know that anything I tell you can be relied upon." I nodded, and he went on—"I am training a man who can defeat any wrestler in the world." My curiosity aroused, I asked:

"Who is your man?"

"Marin Plestina," was the confident reply. But why did "Farmer" Burns consider his protégé such a great wrestler?

"Because he has everything that goes to make a great wrestler—youth, size, speed, strength, science, endurance, and, most important of all, he has gameness. Also he is the best conditioned big man I have ever seen in all my life."

"Well, with all those qualities he should be the champion of all champions. Why don't you go out and clean up all the wrestlers of the world?"

Well, it seemed that that was just where I came in. The "Farmer" suggested that I take this man Plestina and manage him; and, he added—

"You can gamble on it that no man in the world will defeat him in his present form."

Somehow the "Farmer's" faith in Plestina's ability was so genuine, that I myself contracted his enthusiasm, to a degree—but I wanted to see the man. The "Farmer" was right, and so much did the wrestling giant impress me, that I immediately discarded the idea of a trip to Australia which I had been planning, and threw myself heart and soul into the work of helping "Farmer" Burns train Plestina. For four months I stayed at the "Farmer's" home at Omaha, Nebraska, my liking and admiration for my charge growing more and more each day, and my confidence in the truth of the "Farmer's" predictions about him growing in proportion.

But in spite of all the remarkable things Burns had told me, and the wonders I had seen with my own eyes, I was dubious about going to the mat with the "trust." I had been out of the wrestling game for a number of years, but I knew that a "trust" existed, having kept in close touch with the sport and being acquainted with the way it was being handled. I knew that the "trust" controlled most of the wrestlers and promoters, that it had its own press agents, and that it would not tolerate any interference with its plans. The heads of

this "trust" were:

Jack Curly, manager of Wadlek Zybszko; Billy Sandow, manager of "Strangler" Lewis; Gene Melady, manager of Earl Cad-dock; and Tony Stetcher, manager of Joe Stetcher. There have since been added J. H. Herman and his wrestler Stanislaus Zybszko.

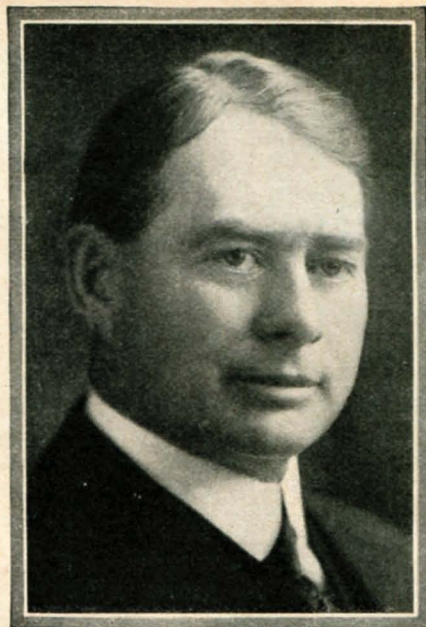
I explained all this to Plestina, told him it might take years to break the "trust," and even set five years as the length of time that might be required to do it. Then, as a test, I asked him whether, knowing all this, he still wished me to manage him.

Like a flash he replied, "Yes, and I will stick to the end. You do the managing; I will do the wrestling.

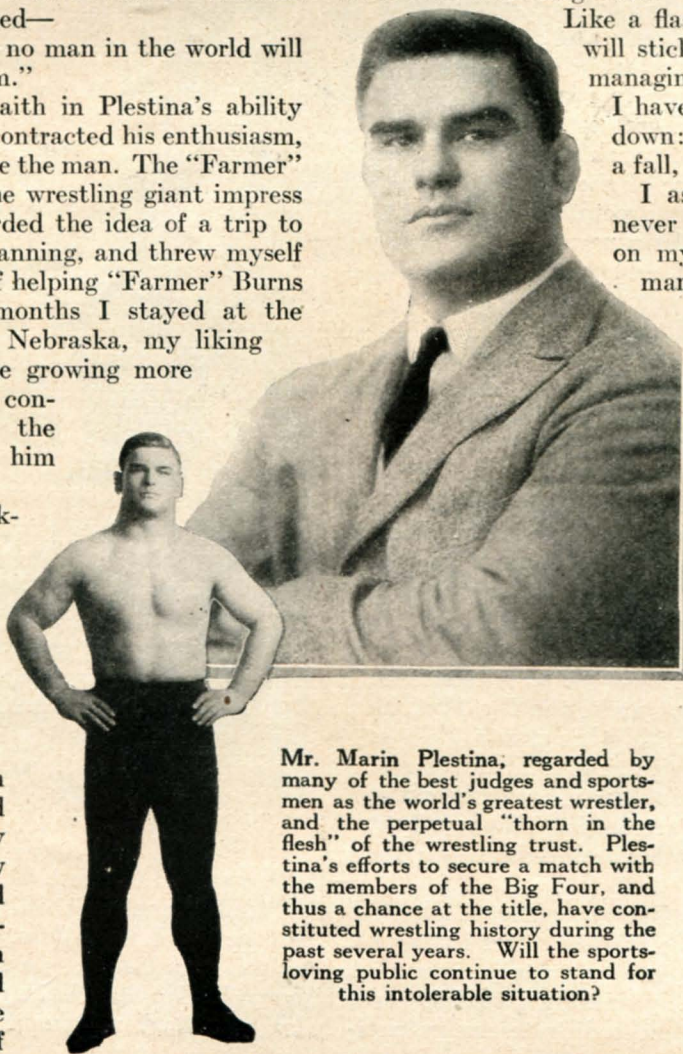
I have only one condition to lay down: If you ever ask me to lose a fall, I will quit then and there."

I assured him that he would never have occasion to lose a fall on my account, that I did not manage that way. That is all

the contract we have, *his* word and *mine*. We have both been open to monetary temptations of all kinds. Thousands of dollars have been offered Plestina to lose even a single fall, but through it all, he has stuck. Never in the history of athletics has a fight such as this been waged. Even my best friends have told me it was a useless task to try to battle with the "trust." I was reminded that many others had tried it and failed—which only spurred me on. Word was sent me by the "trust" that Plestina and I too would fail, and that we would do their bidding or we would be starved out of the game. Many



Mr. J. C. Marsh, Manager of Marin Plestina and wrestling trust buster.



Mr. Marin Plestina, regarded by many of the best judges and sportsmen as the world's greatest wrestler, and the perpetual "thorn in the flesh" of the wrestling trust. Plestina's efforts to secure a match with the members of the Big Four, and thus a chance at the title, have constituted wrestling history during the past several years. Will the sports-loving public continue to stand for this intolerable situation?

promoters and wrestlers were notified by the trust that if they booked us or worked with us in any way, they would be black-listed. Their press agents devoted every effort to harmful, ridiculing, slandering publicity, misquoting every statement of Plestina and myself. Everything that would hurt us in the eyes of the wrestling fans was resorted to.

But the one thing the wrestling fans wanted them to do—to put one of their men into the ring with Plestina, they refused. Every challenge I have ever issued has been backed by money, and never has there been a moment since the battle started that I have not had at least one thousand dollars posted to back up my claims to Plestina's being the greatest of all wrestlers. On November 3rd, 1917, I posted a certified check for one thousand dollars with the Collyer's Eye publication of Chicago, challenging any wrestler in the world to meet Plestina for that amount, winner to take all of the wrestlers' share of gate.

These one thousand dollars are still up and uncovered. The excuses of the trust for not meeting him are so impossible, far-fetched, and childish, that no game man would have uttered them. "Farmer" Burns struck the nail on the head when he said, "Fear is their real and only reason."

Their first excuse for not meeting Plestina, was that he had no "class." To prove that this was untrue, I posted one thousand dollars with the Police Gazette, challenging any man in the world to meet him in a match to the finish. In New York he trained daily at Bothner's gymnasium, where sporting editors and all others could see him. He met and defeated every wrestler who wrestled him there. Still the "trust" wrestlers would not meet him.

To my mind, and I am sure to the mind of the general public, the laudatory statements of such wrestling experts as the late Frank Gotch, "Farmer" Burns, Charley Cutler, Henry Orde-man, Jess Westegaarde, Harold "Mike" Howard, John Freberg, Leo Pardello and Dr. B. F. Roller, all of whom spoke of Plestina as the champion of champions, and who vouched for his universal superiority, carry far more weight in connection with Plestina's "class" than the unfounded illogical abuses of the members of the "trust."

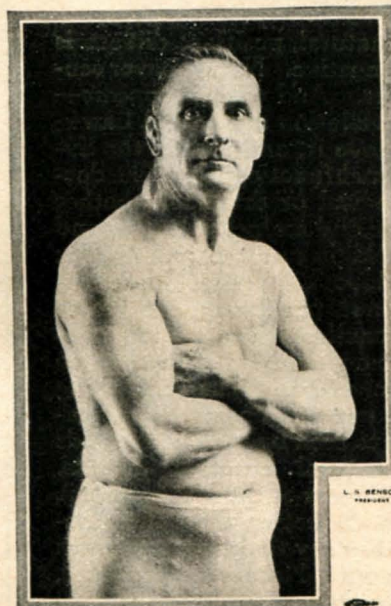
Then too, all of the following prominent influential publications said of Plestina that he is the real champion and that the members of the "trust" refused to meet him because of the knowledge of his superiority: New York Evening World, Chicago Tribune, New York Sun, New York Evening Telegram, Police Gazette, Detroit Free Press, Virginia Pilot, Physical Culture Magazine, Collyer's Eye, Vancouver, B. C. Sun, Brooklyn Eagle.

I wish that space would permit my quoting individually the gratifying and fine things that all of these people and publications have said about Plestina.

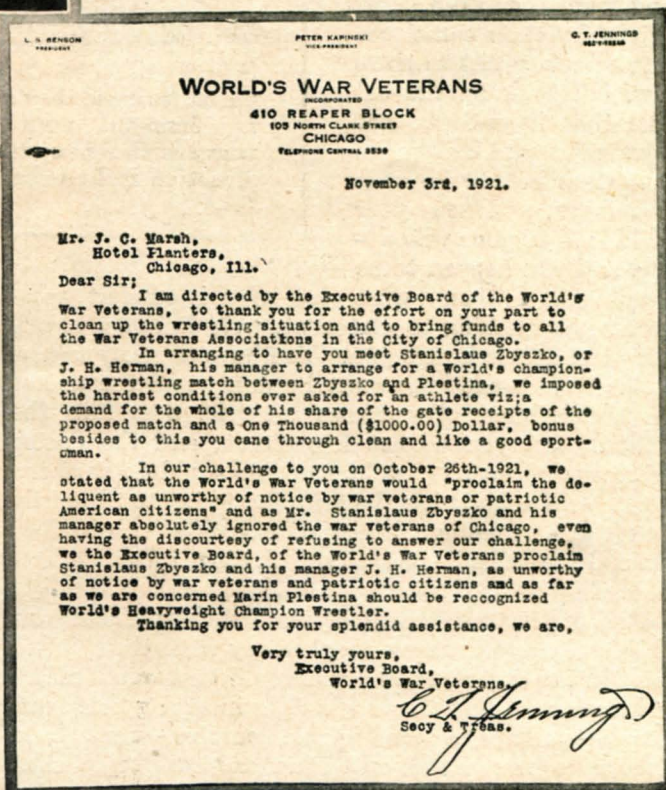
Well, after our sojourn in New York we recrossed America, meeting and defeating in straight falls, every wrestler who dared to face him on the mat. I offered one thousand dollars to the first man winning a fall from him. This offer is still open, and is an offer no wrestler living or dead has ever made. In over five years, Plestina has not lost a fall.

When the public was convinced that Plestina had "class," and demanded that the "trust" wrestlers meet him, the "trust" came out with their second excuse. They decided that they did not like me, and said that when Plestina got a new manager, they would be glad to meet him. Of course this talk was all bunk, but they hoped in this way to split Plestina and me.

To prove that my being his manager had nothing to do with their not meeting Plestina, I again invaded New York (their stronghold) and placed Plestina in the hands of Bernarr Macfadden. On April 24th, 1919, Mr. Macfadden posted with the Empire Trust Company of New York a certified check for twenty-five thousand dollars to back Plestina for all or any part of it against any wrestler in the world. He wrote and wired all the trust wrestlers and their managers offering them first chance to accept this offer. Mr. Macfadden also informed them that he had arranged for the use of Madison Square Garden for the night of May 9th, and that on that date, Plestina would hold open house in the Garden, meeting any (Continued on page 90)



"Farmer" Burns, probably the greatest judge of good wrestling in all the history of sport, and a man of absolutely unimpeachable reputation in the opinion even of his enemies, declares that Plestina is the world's best wrestler. Below is a reproduction of a letter from the World War Veterans' Executive Board to Mr. Marsh, which speaks for itself. It may be said that Mr. Marsh's position in the wrestling world has been established through the reissuing of his license by the New York State Wrestling Commission.



If Not Doctors, Then What?

Are Natural Methods an Adequate Substitute? You Bet Your Life!
(For That's What You Do, Irrespective, When You Place Your Life
in Medical Hands).

By Annie Riley Hale

I CAN'T take much stock in your warfare on the doctors," remarked a friend who had been following my recent articles in *PHYSICAL CULTURE*, "because I am convinced it's no use. People *will* have them."

Bernard Shaw has voiced the same idea more at length in his famed philippic against the medical profession found in the preface to "The Doctor's Dilemma." He says: "All that can be said for medical popularity, is, that until there is a practicable alternative to blind trust in the doctor, the truth about the doctor is so terrible that we dare not face it. Molière saw through the doctors, but he had to call them in just the same. Napoleon had no illusions about them, but he had to die under their treatment just as much as the most credulous ignoramus that ever paid sixpence for a bottle of strong medicine. In this predicament, most people to save themselves from unbearable mistrust and misery, or from being driven by their conscience into actual conflict with the law, fall back on the old rule that if you can not have what you believe in, you must believe in what you have. When your child is ill or your wife dying, and you happen to be very fond of them, what you want is comfort, reassurance, something to clutch at, were it but a straw. This the doctor brings you. You have a wildly urgent feeling that something must be done; and the doctor does something. Sometimes what he does kills the patient; but you do not know that; and the doctor assures you that all that human skill could do has been done. And nobody has the brutality to say to the newly bereft father, mother, husband, wife, brother, or sister, 'You have killed your lost darling by your credulity'."

And yet nothing short of some such realization as this last, can pull many people away from their "blind trust in the doctor," and I question if that would suffice in some cases. My friend was right in saying that some people—perhaps a considerable number—must have doctors to lean on in a crisis; just as some people must have whisky, opium, or tobacco to nerve them to extra

ordeals—and very shortly find them necessities for the most ordinary exertion.

One great advantage of the doctrine of Nature Cure over scholastic medicine, is that its principles are readily comprehensible to the laity. You do not need to take a seven-year's course in medical schools in order to grasp the meaning of Nature Cure; all that is needed to master its principles is intelligence, an open mind, and a

little diligence; and a further great advantage, is that after complete mastery and acceptance of this truth, the ordinary man armed with it *may be his own doctor*. This cuts the Gordian knot of Shaw's, as well as the doctor's, dilemma; for it furnishes the "practicable alternative to blind trust in the doctor," and gives us courage to face the truth about him.

Indeed it was the clear knowledge of this practicable alternative and the firm conviction of its superior excellence over medical procedure, that furnished the motive—as it must also furnish the justification—for the iconoclastic articles preceding this one over my signature in this magazine. Iconoclasm *per se* is rarely justified of itself. We have no right to tear down until we are prepared to build a

better structure to replace the old one, which however ramshackle and inadequate, might still afford some shelter from the storm? What then is this "Nature Cure" which is to supplant the medicine men with all their nostrums and modern appliances? It is both a philosophy and a method; a theory and a practice. The crux of its philosophy is found in the *vis medicatrix naturæ* of the ancients; "the healing force of Nature," the restorative principle that ever seeks to repair hurts and damages; the perennial springtime at the heart of the universe that weaves its grassy mantle over battle scarred plains, and sends new green shoots to replace dead leaves. This vital, renewing principle of Nature is everywhere operative, and manifested throughout all animate creation, vegetable and animal. In the animal organism it is seen rebuilding the tissues wasted by the daily wear and tear of the body. This it accomplishes by renewing or reproducing the (Continued on page 142)

Nature Never Intended You to Be Sick

"HEALTH is natural, positive; disease is abnormal, negative. Nature never contemplated disease. And when it appears—as the result of violation of Natural Law—she seeks to remove it, and restore the living organ to normal functioning. The doctor, whether medical or drugless, whether he brings pill-box and scalpel or fasting and hydropathic pack, is not the real healer; but the mysterious Life Force whose essence we may not penetrate; but whose workings and manifestations we may observe and compare, and learn in time to calculate certain effects. The only thing the doctor or nurse can do in the alleviation of illness, is to seek by various methods to *assist* the natural curative process. This, the practitioners of the Naturopathic School claim to do better than the Allopaths, because they say their methods work *in harmony* with Nature's processes, whereas the Allopathic expedients are obstructive and combative."

Let's Try to Die Laughing

And Then We'll "Live"—You're Sick Because You're Laugh-Starved—
See these Doctors of the Funopathic School about Shaking Up and
Strengthening Your Organs and Emotional Insides

By A. F. Harlow

I WAS moved to write this article by my enjoyment of a visit to a conclave or symposium of veteran physicians which recently took place on Forty-Second Street in New York City. Some of the oldest and most eminent American specialists in the treatment of Care, Fatigue, Worry, Anger, Hatred, Melancholy, Grouch, Pessimism and Dyspepsia might be seen there within a few yards of each other on any evening

between the hours of eight and eleven, with special afternoon clinics twice a week.

When Shakespeare dashed off the remark that it is sleep that "knits up the ravelled sleeve of care," he did not speak as great a truth as he is often given credit for. He was only partly right. Sleep is a great repairer of the ravellings of fatigue and is often quite helpful in cases of care, but the real sure-fire specific for care, sorrow and bad humors (what they used to call "vapors" a century ago) is laughter. I've tried numerous prescriptions, and my unqualified testimonial goes to laughter as the best of them all.

I recall very vividly an occasion when I was relieved of a serious—in fact, a malignant case



Cure your sour stomach by first curing your sour disposition. Since one cannot laugh and be mean at the same time, you will find these two fun-makers a great pair of doctors for a mean or grouchy disposition. They are Nora Bayes and Ed Wynn, and they are not laughing at you, but trying to laugh with you. Ed Wynn, by the way, is the darnedest fool you ever saw in his present show called "The Perfect Fool."

of worry by one of the noted practitioners mentioned above. It was in St. Louis in 1904, during the big Louisiana Purchase Exposition. I had gotten into a business tangle which might have appeared small to some people, but to me it looked as big as Mount Everest, and I was worried half sick over it. Then I remembered that Richard Carle was in town, playing in "The Tenderfoot," his first big success, and I decided to go and see if I couldn't ease up the aching care a bit. Fortunately I was able to get a seat, even though high (not in price, but in altitude) and there I sat and cackled more or less uproariously for approximately two hours and a half. I was half way home after the show before I again thought of the trouble that had been bothering me during the day; and, when I gave it another look-over, I was astonished at myself for having been so concerned about it. The next day the problem worked out nicely and I was happy ever after. Since then I never see Carle that I do not think of that night.

I have grave doubts of the man or woman





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If you have got the blues, go and see Dr. Dorothy Gish and try a dose of five reels of her medicine, the most contagious comedy on the screen, or, if you want to shake up your liver and stir up and stimulate your whole insides, organic and emotional, see either of the other two dignified specialists on this page, both of whom have long since stopped using custard pies.

who is too much of a highbrow to enjoy comedy. Why is it that even earnest business men, wise college professors and grave preachers and statesmen like to go to the theatre and see comedians gambol and say nonsensical things? Why has Woodrow Wilson been a regular attendant at Keith's vaudeville ever since he first went to Washington? Why did President Harding motor up from Atlantic City to New York the other week to see the popular musical comedy, "Sally?" Why did Lincoln and Disraeli and Roosevelt and other giant minds of the past enjoy comedy? It is because laughter is at once the most restful and most invigorating thing in the world; because a man burdened with affairs attacks his daily round of work all fresh and revived after a dose of it; and because nowhere may one have it served up so appetizingly and generously as at the theatre.

The comedian who can make such men laugh is worth

his weight in gold to humanity; for he is renewing their vitality and mental vigor, and enabling them to serve us with greater efficiency. And the laughter of such men is a momentous thing—not like "the loud laugh that spoke the vacant mind," nor the foolish cachinnation which the Bible says is as "the crackling of thorns under a pot," but an exorcism of the demons of care and fatigue from the brains of men who must be kept in good working order for the benefit of their fellows.

They know a good joke when they see it, do these men. They have the sense of humor which is in effect a keen perception of differences; for the sources of all laughter lie in incongruity. That is why the peculiar mannerisms of Carle and De Wolf Hopper, which are those of burlesque dignity, are so mirthful. Aided as he is by a giant frame and one of the most tremendous, yet one of the most marvelously flexible voices ever given a human being, no man can make dignity any more ridiculous than Hopper. Carle's voice is of a higher pitch and his dignity of a stiffer, less emotional character. Throughout his entire career, no

matter what sort of part he plays, he has been aided by white spats and a pair of nose glasses. Both of these men have rich vocabularies and diction unsurpassed for grace and polish. It is a disquieting thing to discover that dignity is so perilously close to the ridiculous. It ought to be a lesson to some people whom I could lay my finger on. "Personally," as Dulcy would say, I took the hint long ago.

Just pause for a moment, if you will, and try to guess how many millions of people have been thrown into what Richard Steele called "that agreeable kind of convulsion," and thus made to forget their troubles by such men as De Wolf Hopper and Lew



Fields, both of whom have been dispelling gloom for nearly half a century. The good they have done is incalculable. I myself have laughed at Hopper more than at any other man; and I consider the fees which I have indirectly given him have been very, very reasonable when I remember how he has benefited my digestion as well as my lungs, diaphragm and disposition.

It was early in 1878, nearly forty-four years ago, that young Hopper appeared in New York in a comedy called "Our Boys,"—thereby blasting the hopes of his parents, who had hoped to make a lawyer out of him. Millions of Americans are glad, of course, that he chose the stage, but—think how a jury would have been swayed by that stupendous voice! The opposition wouldn't have had a chance; really, it wouldn't have been quite fair.

Hopper has now been a star for thirty-two years. I wish I could pass along some of the joy I have had from the twenty or more parts I have seen him play. Nothing is flatter than stale humor, and yet I can shut my eyes and bring up a smile to-day with the memory of things that he did and said years ago. To me, the world will be a bleaker place when De Wolf Hopper passes from the boards.



Photo by White Studio, New York City

Francis Wilson does not, in this picture, look like the gentleman and scholar that he is. As the irresistible Cadeaux in the second revival of "Erminie," last year, he entertained a third generation of playgoers. He is the dean of American comedians. And now look at the funny, funny man at the left, none other than Lew Fields, who is making a second generation of audiences think that he is the foolishhest man in all the world. Well, just look at him.



Photo by Apeda Studio, New York City.

And as for good old Lew Fields—who in America has not heard of Weber and Fields? That famous old duo first sang and danced together in 1877, when they were mere boys; and for twenty-seven years thereafter one never appeared without the other. It was in 1895 that they opened their own music hall, to which every visitor to New York wended his way sooner or later to see many of the leading comedy stars of the age, headed by Joe and Lew in their comic German make-up, flat derby hats and stubby chin beards, bawling jokes at each other which were so clever that many of them went 'round the world. Ah, it was a sad day for us all when Weber went into retirement! But Lew goes merrily on—and long may he continue to brew smiles for us!

Blanche Ring, whose popularity the passing years serve only to increase, despite those same passing years. She has (Continued on page 58)

The Body Beautiful



MELISSA
TENEYCK
and Max
Weily, sensational
gymnastic dan-
cers and vaude-
ville favorites.

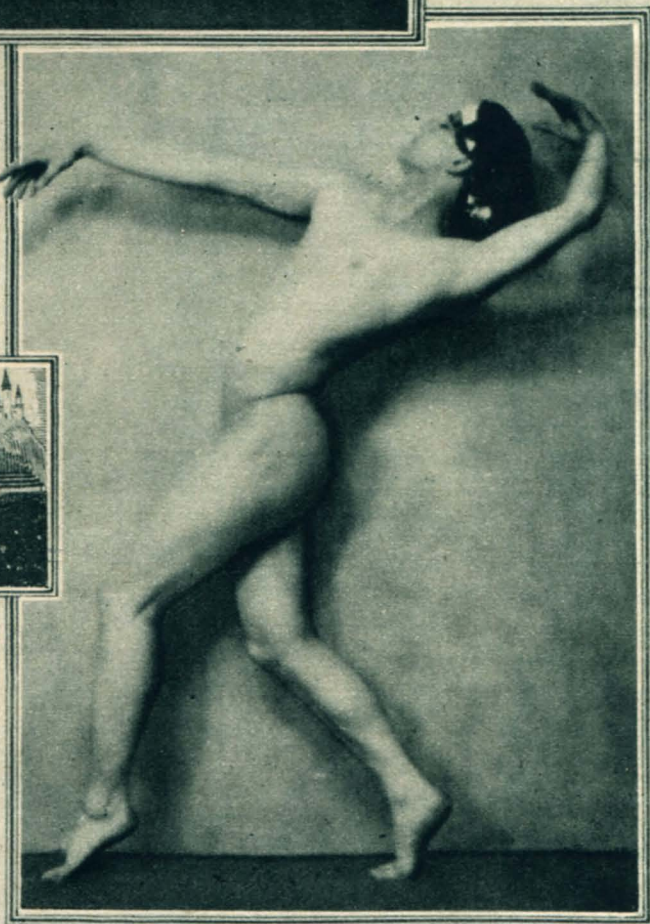
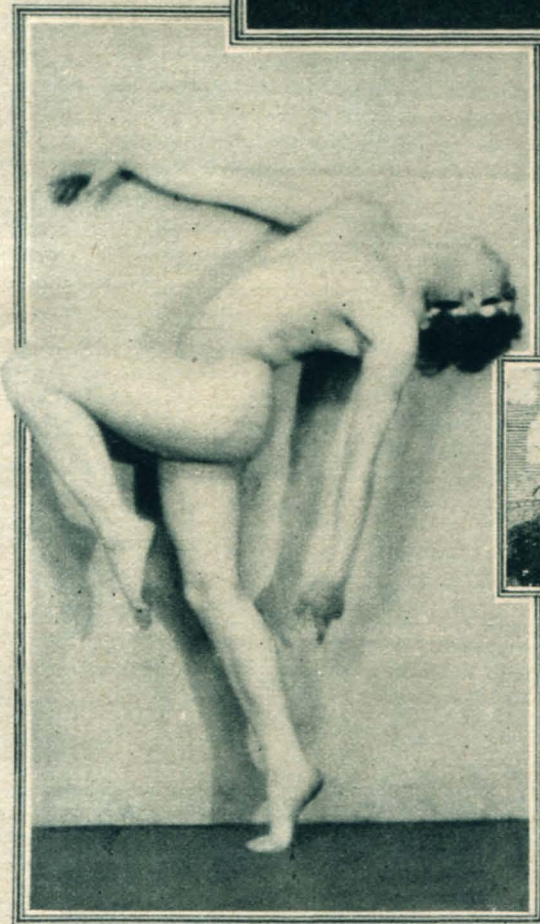
Photo by Blum, Chicago.



SOME beautiful studies of Andreas Pavley, premier danseur and ballet master of the Chicago Opera Ballet.



Illustrating that dancing is an ideal exercise for men as well as for women, developing masculine perfection of body.



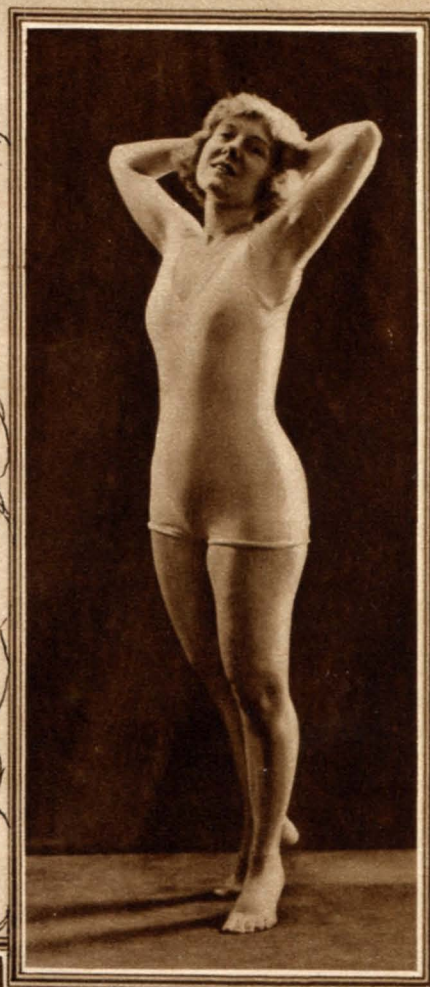
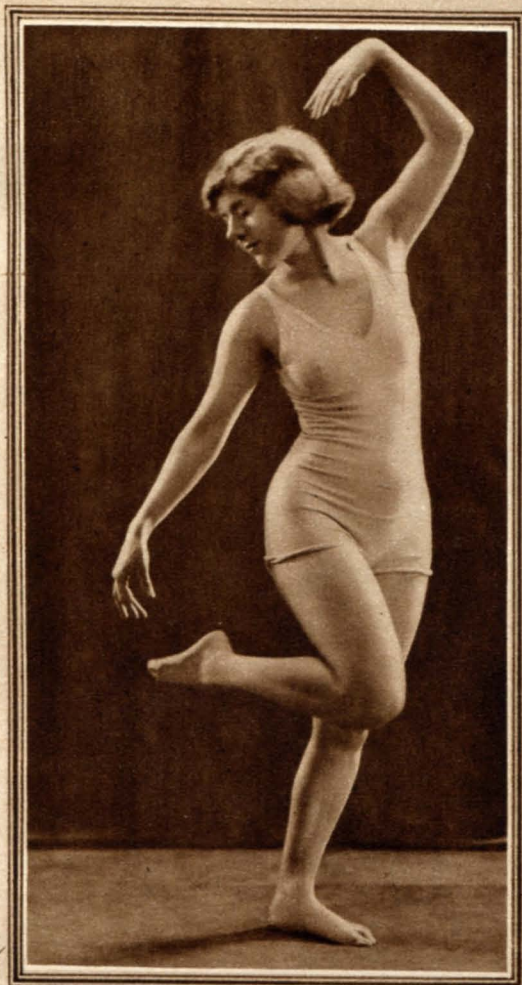
MISS BILLIE SHAW, of New York City, whose sculptural poses on the opposite page display a faultless symmetry and harmony of figure.



Miss Shaw, author, playwright and actress, has gained the reputation of being the most perfectly built woman on the American vaudeville stage.

Photos by
Ira D. Schwartz





Photos by Fab Studio
New York City



On the "Roof of the World." In other words, on the top of a pass in the Sierra Nevada Mountains, a good place to keep in mind if you must "go 'round looking for health."

Vacation by Adventure

By Frank Hill

I HAVE come to believe that at least once in three years every physically normal person should do something active, novel, and seemingly difficult,—like paddling from Chicago to Buffalo, packing from Glacier National Park to Bariff, or walking all around Long Island.

Many will say that this idea is merely funny.

I reply that it is not so funny—nor so tragic, either—as what its critics probably consider the proper way of spending the few weeks of freedom which most of us annually secure.

Men and women spend themselves for a year in an office or a house and they are in need of remaking at the end of the year. Routine has laid a wearing hand upon them. Their "vacation" ought literally to be a vacating of their usual lives. Actually it is usually a continuance of the day to day grind. Some people find a mental relief in the automo-

bile trip—a rather nervous and inactive recreation. There are an increasing number of hikers. But for the most part the American vacationist retires to a quiet place where he can feed and loaf. His mind goes on in its usual channels. His body

gets no chance to rebuild. If he would be frank with himself he could plot the curve of his sensations for the outing about as easily in May as in November. Its lazy, standardized days seal the bad effects of the year, mental and physical, under a thin layer of fat and contentment.

In the long run this becomes a disease—a kind of ossification, and it justifies the consideration of any decent remedy. I am proposing vacation by adventure.

Unfortunately I cannot describe this in a sentence, because anyone must know what it does and how it can be taken in order to understand what it is. In other words, he must read most of what follows. In the meantime, however, here are characteristics. The list will tell you whether or not you wish to finish reading my story. A vacation by adventure must be:

(1) a journey.

(2) worth taking for more reasons than a love of exercise.

(3) an active expedition, on which you furnish your own motive power and are not carried on a horse, a motorboat, or an automobile.

(Continued on page 70)



The setting of the adventure was almost indescribably splendid

Milk Knocks Out Opium

How Otto L. Winker, of St. Louis, Overcame Asthma, Catarrh
and the Morphine Habit

By Edwin F. Bowers, M. D.

THERE are as many different ways of killing the narcotic habit as there are of effecting the destruction of a cat.

Possibly the most effective and the most permanently successful method has been in connection with the "detoxinizing treatment," developed by Charles B. Towns, and known to physicians as the "Towns-Lambert Treatment."

The philosophy underlying this treatment is the recognition of a toxic condition, produced by the retained and accumulated poisons of the drug itself, and also by the toxins from imperfect tissue functioning.

Now, it is in the nature of opiates to deaden what is known as the osmotic function—that process by which the millions of cells in the body absorb nutriment through their walls from the blood with which they are constantly surrounded; and also by which they get rid of their used-up material through a reversal of the process.

These two processes—known as anabolism, or "building up," and katabolism, or "breaking down," if interfered with, result in a disturbance of metabolism, and this in turn, may actually cause—or else predispose to—almost anything and everything that can happen to abnormalize the human body and mind.

It may be said, also, that while the *reason* for which the opiate was first taken still exists, it is quite unusual that any permanent cure of the habit can be effected unless the condition which made necessary the taking of the drug is first removed.

Of course, there is the strong physical effect sometimes produced by a profound conviction that a cure of both the predisposing cause and the habit itself was about to be effected.

And this profound conviction might, in certain instances, act to produce results such as have been noted in certain cases of alcoholic or drug addiction treated by the Christian Scientists; or by Dr. McComb, of Emanuel

Movement fame; or by Dr. John Quackenbos, who has had some excellent results by the use of suggestion.

In the intensely interesting case we shall discuss this month, there were two prime factors operative. One was the positive mental impression—the intense conviction that, at last, under the physical culture treatment, he would be cured of his crippling combination of diseases, and of his hampering habit, as well.

The other was the detoxinizing effect of the fast with

which the patient started his treatment—plus the use of an exclusive milk and orange diet. This reduced the toxic material in the intestinal canal to a minimum, and facilitated the elimination of stored-up toxins.

The spinal treatments, baths, massage, and exercise, given at the sanitarium, and the splendid opportunities for out-door life and bracing air also, no doubt, proved a great help.

The great outstanding fact is that this particular patient, a man of splendid mental attainments, began these methods of healing

If You've Got Everything the Matter With You—

WHAT would you do in a case like this? If you had catarrh, asthma, intestinal inflammation and a few other symptoms and worries along with the morphine habit, how would you tackle the problem of getting straightened out? Well, if you stopped to really think about it, you would not expect a doctor, after looking at your tongue and thumping your chest, to give you a little bottle of something that would fix you up. On the contrary, if you did really think, you would realize that your whole system was wrong, your bodily system, and also your system of living. And so you would try to build up constitutionally, getting rid of your poisons, purifying your blood, overcoming any excessive acidity, and attaining that chemical balance which alone makes health possible. With this blood purification and systematic improvement all of your ailments will naturally fall away and disappear. But by what means would you endeavor so to build up your general state of health? It is the purpose of this story to tell you that. For what certain methods did for Mr. Winker, they will, with perhaps slight variations to suit your case, also do for you.—The Editor.

in a desperate state of physical decline.

This patient had been under the treatment of many of the ablest medical men in the Middle West, but was steadily losing ground. He had a definite pathology—not a neurosis. Such nervous symptoms as he had were only such as would be normally found with his complex pathological condition.

Perhaps the most distressing symptom—the one which caused him the greatest amount of trouble and anxiety—was bronchial asthma.

Anyone who has ever suffered—or who has lived with one who has suffered—from asthma, can appreciate what a distressing condition this can become.

When it persists year after year—in all climatic conditions, and despite almost every form of remedial measure—it is a veritable skeleton at Life's feast, dancing a wild dervish measure through the air cells of its unfortunate victim, only to (Continued on page 147)



There appeared such a vision of loveliness as I had never seen before.

Love and Marriage 100 Years from Now

By John R. Coryell

CHAPTER IV

WHEN William Harris came running back to me, crying, "Turn back! Turn back!" my first, startled thought was that Mary had somehow contrived to reach this spot, but instantly my reason told me that that was impossible since she could not so quickly have come here on foot; and that we would have seen her airplane if she had come in that way. The next thought was, that he had seen some dangerous monster. Nothing else so well accounted for his extreme fear and consternation.

I allowed myself to be urged back some distance; and then, the roar of the falling mass of water being less deafening, I demanded the cause of his trepidation. "What is it? What is it?" I asked with the pleasurable excitement of one anticipating a novelty.

Panting partly from his exertions and partly from perturbation, he stammered, "A—a girl."

I stared at him, my first fear returning. "Not—not Mary?" I gasped.

"No, no," he reassured me; "a stranger."

"A stranger!" I repeated. "Surely you must be mis-

taken. What can she be doing here, where until to-day there has been no stranger for a hundred years? And why were you so panic-stricken?"

"She was taking a bath," he answered solemnly as if thinking he had accounted for his singular behavior.

"But there is nothing so frightful in that." I cried in wonderment. "Was she so very hideous? Or has she some loathsome disease?"

"No." He shook his head in emphatic negation. "She seemed very beautiful to me."

I was puzzled. Evidently there was something here beyond what appeared on the surface. Might it be that the old man wished to hide from me some secret which till then he had forgotten? I had no intention of trying to pry into such a matter; but why that peculiar excuse for his conduct? A girl taking a bath!

If the old man had shown any signs of being demented I would have explained it in that way; but William Harris was as sane as I. I decided that he was having a joke at my expense, though there was nothing in his manner to indicate it. I laughed outright.

"Well," I said, "you must admit that bathing is laudable in itself, so if that is all, I think we may as well

go congratulate the stranger on her choice of so beautiful a spot for her bath."

Of course I didn't mean to insist, but just to put him to the test I pretended that I was going back to the fall. The moment I betrayed such an intention, however, he leaped in front of me with surprising nimbleness for one of his years, and his rugged face took on a stern aspect.

"Oliver," he said firmly, "you mustn't do it. You have no right to intrude on that young woman's privacy. In many ways you are a fine young man, but in some ways you lack delicacy, not to say mere decency. I have not forgotten the shameless way you and Mary went in bathing together, but I was inclined to forgive that as being her own fault, and in keeping with her generally unwomanly character. The young woman back there, however, is a stranger to you I presume; and if she has taken advantage of the loneliness of this place to have a bath, the simplest decency should withhold you from surprising her in her nakedness. Can't you see that she would be overwhelmed with shame?"

"Shame!" I repeated, puzzled. "No, I don't think she would be, nor do I see why she should be. And what was there shameless in the way Mary and I went bathing? I don't recall anything unusual. Come, William! Be frank! For some reason you don't wish me to go to the fall. Why not tell me so outright? I shall not be offended; and you may be sure I shall respect your wish for secrecy."

He eyed me steadily for a moment before saying, "Oliver you seem a serious, right-minded young man enough, but I confess I

don't understand your attitude. I have no secret to conceal; my only wish is to spare that young woman the mortification of being seen by us in her nakedness. We have no right to put her to shame. You are stronger than I, and can if you see fit overcome me by force, but as long as I can resist I will do so;" and to my amazement he planted himself in front of me as if he imagined I might intend to assail him.

"How can you think I would do such a thing?" I cried. "It is quite enough for me that you don't wish me to go to the fall. Naturally I find your reason a singular one. Before we leave this spot, however, I would like to point out to you that if there really is a young woman there, it is not kind of us to go without learning from her if she needs assistance. You assure me that you have no secret to conceal, and I must believe you in spite of the flimsiness of your excuse for not going to the fall."

He shook his head as if unable to comprehend me, but exclaimed with an air of relief, "I had thought of

that, too. She may be in trouble, and I have no wish to desert her. Let us wait a reasonable time and then go to her. Give her time to have her bath and get her clothes on."

I nodded a smiling assent to this. I assumed that he knew that whatever it was he didn't wish me to see, would be gone in a little while. I confess to a lively curiosity concerning the mystery of the fall, but I sat down on a fallen tree to await his pleasure.

I cudgelled my brains in vain for a solution of the mystery; and I knew afterward that if I had struggled with it for a year I should have remained as much in the dark as ever. The trouble then was that he was looking at the facts of life from the standpoint of a century earlier, while I was seeing them as they were in the present. If I had been a closer student of history, I probably would have understood. And I may say that since that time I have studied history more carefully, with the view to a better understanding of the present.

I don't know how long we waited; I left that to William to decide. And when we did start toward the fall once more, I let him lead the way. He moved with the extreme caution of a man fearful of what he might be approaching; and when he reached the bushes surrounding the open space about the fall, he gently parted the foliage and peered carefully about. Apparently he saw nothing, for he pushed his head further through and made a long survey in every direction. Finally he withdrew his head and turned a chagrined face to me, saying, as I could see by the movement of his lips—the noise of

the fall was too great to permit of hearing, "She isn't here."

I laughed, thinking he acted very cleverly. He cast a grieved look at me and turned and entered the open. I followed him and looked about. I don't think I have ever seen anything more beautiful than that open glade, with the crinkled mass of water pouring over the mighty cliff at the farther side into the frothing pool at the bottom. The overflow turned into a tumbling brook, which, as I afterward learned, ran down and emptied into the lake five miles away.

Having gazed awhile at the beautiful spectacle, I turned and looked about curiously, trying to fathom the mystery of his reluctance to have me there before; and as I looked there appeared from around a huge rock at the other side of the pool such a vision of loveliness as I had never seen before. It was a young woman, whose mass of golden hair hanging free as if to dry made a wonderful garment through which gleamed her snowy flesh.

Picking Up the Thread of the Story

OLIVER RONDALE, writing of events that transpired in the year 2022, details how he motored into the Rocky Mountains in search of clay containing Oron, his newly discovered metal. There in an impassable gorge he finds William Harris, who had lived, a prisoner in this ravine for one hundred years, and who was now one hundred and thirty years old. Meanwhile Mary Willard, an undesired suitor of Oliver's, has followed him in her airplane to propose to him for the fifth time, the old hermit, a spectator of the scene between them, being greatly shocked by twenty-first century conventions and standards. His own views, reflecting the viewpoint of 1922, naturally seem antiquated and absurd. Eventually William, acting as guide, brings Oliver to a deposit of clay containing the desired oron which lies not far from a beautiful waterfall. As the old man, leading, comes in sight of the waterfall, he suddenly turns back, startled and terrified, obstructing the way for Oliver.

I stared at her in astonishment, and she returned my stare; and William, catching sight of her, ran to me in a panic, shouting at the top of his voice to overcome the noise of the fall, "Come away! Come away!" And at the same time he tugged at my arm with all his strength.

I felt justified, however, in disregarding his importunity this time. If this was his mystery, it was too lovely a one to run from, especially as the girl was approaching us with an air of curiosity that indicated that she was no party to William's desire for concealment. I pushed William aside and advanced toward her, filled with admiration and wonder and thrilled with an emotion quite new in my experience. Love had come to me! That subtle, inexplicable emotion had caught me, had filled me in that second of time. I had read of love at first sight, I had heard of it; and I had always smiled with the derision of ignorance.

Why I almost choked with the sudden sensation, why even so beautiful a face and form should so swiftly overwhelm me, I could not and cannot explain. I knew nothing of her excepting that she was fair to look on, and yet I loved her.

When we were sufficiently near to each other, I shouted, "How did you get here?"

She smiled—such a winsome, dimpled smile!—and shouted back, "How did you?"

Thereupon we both laughed; and I cupped my hands about my mouth and shouted, "Airplane."

She cupped her hands similarly and shouted back, "Airplane."

We laughed again as if the most exquisite jest had been made. It is singular how easy it is to laugh under some circumstances. "We can't talk here," I shouted.

She nodded understandingly and, putting her lips close to my ear, cried, "I'll put my clothes on." Then with a smile she turned away and ran toward the rock from behind which she had first appeared.

CHAPTER V

I stood looking after her, filled with an ecstasy of delight over her charm and beauty. I had quite forgotten William and everything else in the world, including Mary, when a touch on my arm aroused me and I turned to look into William's disapproving eyes.

"Isn't she wonderful!" I cried.

"You know her?" he shouted.

I shook my head. "Never saw her before," I yelled.

"Beautiful, isn't she?"

He looked at me for a moment and then shook his head. I could see, however, that he was not denying her beauty but had shaken his head to accord with some mystifying thought that was in his mind. Conversation held in shouts was not possible, however, so with tacit agreement we fell into silence to await the return of the lovely stranger.

In a little while she came in sight, charmingly attired in a serviceable suit of loose knee breeches and blouse of a brown color. Her wonderful hair hung down her back in a loosely braided rope. Her step was as light and springy as a fawn's, her clear, gray eyes beamed joyously, her red lips were parted in a faint smile of eager anticipation and her whole air and manner were those of one so charged with vitality that she found joy in the mere fact of living.

"Let's go where we can talk," I shouted to her as soon as she was near enough to hear.

She showed her white teeth and her dimples in a smile of acquiescence, her eyes at the same time curiously scanning William who was staring at her with an expression of admiration and surprise.



"What!" she screamed, a terrifying note in her voice. "And she lives in that house?" And the next instant she was running toward the house.

We had no sooner reached an open space where the sound of the fall no longer deafened one, than the young woman placed restraining hands on my arm and William's and exclaimed eagerly in the sweetest, most tuneful voice I had ever heard, "I can't wait a moment longer. Who are you? Why are you and your companion here? I'm Dorothy Mason; I come from Brooklyn; I am on a vacation; I'm interested in botany; and I'm twenty years old, if that interests you."

She laughed so joyously as she finished her recital that I laughed too; and even William put off his serious expression for the moment and relaxed into a smile.

"Of course I'm interested in your age," I returned. "I'm interested in anything that concerns you. My story is as easily told as yours. My name is Oliver Rondale—"

"Not of Oron fame?" she interrupted. And when I nodded my head, she went on, "Then I know all about you. And I am glad to meet you." She put out a slender, but capable little hand and I shook it warmly.

Of course I was very proud and happy at being known to her, but I was embarrassed, too, and to hide my confusion I turned to William and launched out on an explanation of who he was. And Dorothy listened with an eagerness that was in marked contrast to Mary's indifference. She broke in with questions that soon had William talking. And in the end she knew as much as I did about him. Also, to her great amusement, the whole story of Mary's pursuit of me and of how we had deserted her, came out.

It was she who was the first to suggest that we return home with William. "What a sensation he will create!" she cried. "And he will be interested to see the changes and improvements since his time. You will, won't you, William?"

"It will seem very strange to be back in the midst of civilization again," he answered. "I am sure there will be many changes."

"Then let us be going," said Dorothy. "I suppose Mary will take one of us? My plane is out of commission."



"Dorothy," I cried, taking her little hands in mine.

I was startled at her suggestion. I didn't like the thought of her going in the plane with Mary. Matter of fact as Mary was I was sure she couldn't fail to be aware of my attitude toward Dorothy. "I think it would be better if William went with Mary. I will take him to her and come back for you."

"If that arrangement suits William," she agreed, "it will suit me."

William looked slowly from one to the other of us, shaking his head in the way he had of expressing doubt. "I wouldn't mind particularly going with Mary," he said; "but I don't think it would be right to leave you two to go alone together. I suppose I'm old-fashioned, but in my time I would have been thought very much to blame to leave you two young people alone in such a way."

"What would you be blamed for?" I demanded in surprise.

(Continued on page 82)

Old Maids Again

By Bernarr Macfadden

SOME of my friends believe I am prejudiced against old maids. The charge is false.

But I hate worse than the fires of hell, the environments, conditions and influences that make it possible to brand femininity with the "old-maid" badge; for this clearly indicates a shameful neglect of life's most glorious possibilities. And these statements are made as a warning to young girls and young women to make the most of their wonderful opportunities to develop into fully rounded womanhood.

When a member of the feminine gender neglects to make herself a strong, splendid, vital specimen of womanhood, she has failed miserably. Her life has been wasted. She has to taste the bitter fruits of her costly mistakes.

Maybe I seem to be lacking in sympathy for the "old maids'" type. But they have mostly brought their troubles upon themselves. They have broken the great Omnipotent laws of life. God punishes them for their sins of omission and commission.

Bodily weakness in male or female, is the result, in most instances, of this sinful neglect. Ignorance may be the main cause in some cases, but this does not lessen the destructive effect upon mind, body and character. In 1st Corinthians we find,—“Know ye not that ye are the temple of God * * * if any man defile the temple * * * him shall God destroy for the temple of God is holy.”

The good Book thus clearly enunciates the divine law. A so-called religion that scourges and devitalizes the body is a mockery. It outrages the law of life. It leads to death and oblivion, individually and nationally.

There is really no sensible excuse for the old maid, of the dried up and unsexed type. Many men of today, with progressive ideas, of fifty, sixty or even seventy years of age refuse to join the old man class. They have learned how to retain the spirit of youth.

The same possibilities are clearly of-

fered to every woman of similar ages.

The body, our most divine gift, must be cared for reverently. We must understand its organic requirements if we are to keep it in good repair, if we are to retain our youthful spirits.

Physical weakness makes the old maid. It is brought on in practically every instance through harmful diet, lack of muscular activity and other mistakes. They bring old age to a woman prematurely and this weakness is avoidable in nearly every instance.

In Deuteronomy we find,—“The tender and delicate woman among you which would not adventure to set the sole of her foot upon the ground for delicateness and tenderness, her eye shall be evil towards the husband of her bosom * * * towards her children.”

The weak woman's eye is evil with or without a husband. She is a burden to herself and to others. She is usually sour, crusty, morose. She finds particular joy in spreading the same unhappiness that scourges her own soul.

Proper attention to the house in which we live, our body, will, in all cases, keep away the old maid sign. It will not only keep it away but it will remove it after it has been acquired, if the laws of life are observed carefully and persistently.

An hour's physical activity every day for a few months, is a certain remedy for the old maid disease. It will take the "kinks" out of the joints. It will put brightness in dull eyes. It will round out angular, bony outlines. It will develop the woman within the feminine soul.

The old-maid disease is associated with laziness and muscular inactivity and irreverence for the human temple of God. It is a partial product of prudery, mental nastiness. The wholesome influence of body-building is a dependable remedy.

And last but not least, it develops a love for the home and the prattling voice of a child and other uplifting factors within its sacred precincts.

"It's Going to Be a Boy"

This Authority Declares that a Very Simple Law Governs the Predetermination of Sex

By David H. Reeder, M.D.

QUO VADIS, is to many people merely the name of a book. To the student the words ask a question.

"Whither goest thou?"

There is another question, one which indicated the first glimmering of intelligent reasoning in a primitive man.

"Whence camest thou?"

It is the child's question of today, but he asks it from the physical view-point. By and by as he gradually absorbs the accumulated knowledge of all the ages the physical question is answered and then comes one more profound, one that is still being asked by millions of people who have not yet learned for themselves the simple yet occult mystery of all time.

Where did I come from and where am I going?

It's not hard to ask questions, but to give an intelligent answer is a different thing.

For a quarter of a century I have been directing child bearing in many childless homes. During the fifteen years prior to the war the prattle of children, happy, healthy, welcome children could be heard in over two thousand homes of those that were previously desolate.

After the first five years came distressful letters. "Our babies are all girls. We are so thankful to have them, but we want a boy. A son and heir has always been the dearest desire of our hearts."

I remembered my boyhood days. There are ten of us living who were born to my parents. Two girls, two boys, two girls, two boys. In all six boys and six girls. Only one boy and one girl did not reach maturity.

I remembered the plans we used in the breeding of cattle and horses on the farm. I remembered my more recent experiments using the same methods with breeding pens of fancy poultry. On my fruit farm I wanted only female colts and heifer calves. They were delivered according to orders.

I was satisfied and I wrote directions for several hundred families in which so far only girls had appeared.

There were many jubilant reports. The boys were coming along on schedule. I learned of only one failure. In that case the parents admitted that they did not observe the details of my instructions. They were past middle life. The wife was not strong and they were so anxious for children that another girl would be welcome. She came. I think I have never seen a more beautiful child.

Here, in a short practical manner I will tell to you just what I have told privately to several thousands of distressed childless couples who are now happy parents.

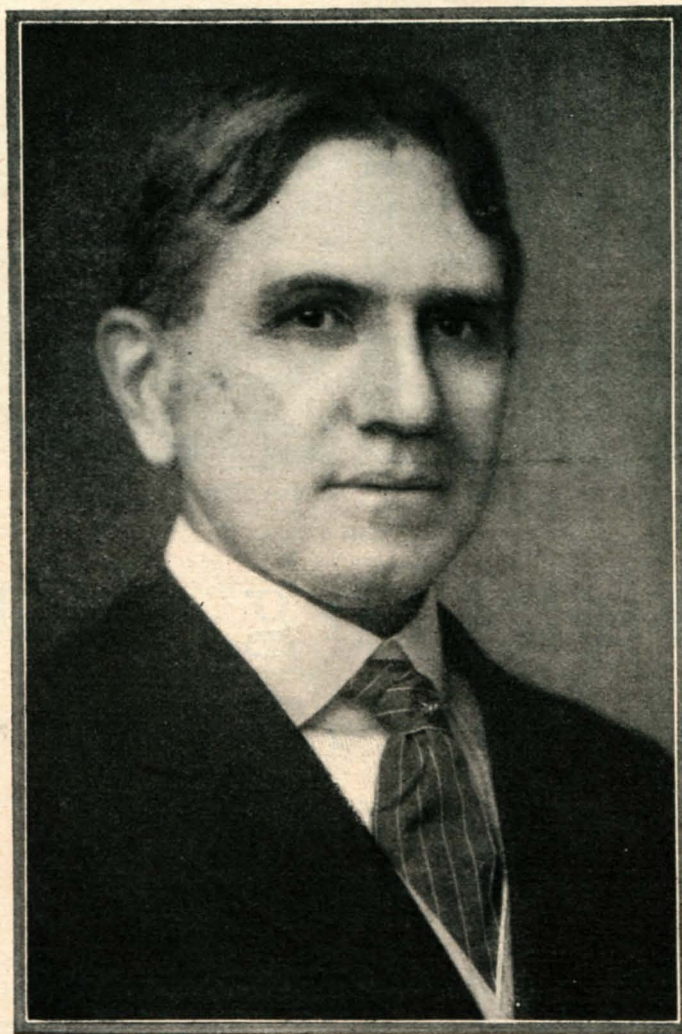
It has been demonstrated to my satisfaction that the time of conception is the only factor in determining the sex of any animal life.

After the ovum is impregnated the sex is fixed and no system of feeding, form of exercise or treatment of any kind can change it.

I might learnedly discuss the various food elements and their effect upon the cells, the

secretions of the ovaries, the necessity for what is called the "yellow body" or the preparation of the nest for the egg; but there has already been too much theorizing. I give you the results of actually demonstrated facts.

If conception takes place (Continued on page 128)



Dr. David H. Reeder of La Porte, Ind., has demonstrated in his own family, the validity of his claims on the subject of sex control, having five sons and two grandsons. Likewise, he claims that the rule, as he lays it down in this article, has worked out in 2000 cases in connection with his own medical practice. Many of our readers are "from Missouri." We therefore ask for additional evidence. Do you know anything about Dr. Reeder's theory, or as he calls it, his law of sex control? What has been your experience, if any?



He was thrown into close contact, while his character was still forming, with the scum of the streets

Fighting Mad

The Story of a Warped Soul

By Tod Robbins

ILLUSTRATIONS BY ANGELO STUDIOS

CHAPTER XVI

(Continued)

"DON'T mind him," said Roberts, when he had gone, "for he's a dog that was born to bark."
 "Mind him? I can't help minding him. He's enough to make a man sour on the world. It's a terrible thing to see old age with the heart of a rouse."

"That brings me up to my story," Roberts said. "He isn't half as bad as you think."

"But didn't I see him with my own eyes—"

"That's all very well. But hear me first, and then judge for yourself."

"You'll have to do a whole lot of explaining. He's bad all the way through."

"Not at all, 'Deacon' Jenkins was born on the East Side, among a population composed of the riffraff of the world. Thieves, murderers, and moral degenerates,

infested the den that his father called his saloon. He was thrown into close contact, while his character was still forming, with the scum of the streets. Two courses were left open to him—either to become as they and consider them equals, or to rise above them and look down on humanity at large.

"He accepted the second alternative, and studied for the law. Soon he was admitted to the bar. A criminal lawyer is thrown into contact with the worst side of human nature. It is a profession of suspicion. Jenkins' earlier life in the slums helped him in his career. It not only brought clients to his door, but it armed him to the teeth with legal mistrust of everything.

"He had been brought up among thieves, so now he became the great defender of thieves. All men were dishonest, he claimed, so why not help the weaker?

"He defended common criminals so cleverly that

they often escaped punishment. He took cases that paid him nothing, and fought single-handed against the powers. Very often he won. But suspicion became his besetting sin. He trusted no one; and for a rich man to get into the heaven of his good graces was a much more difficult feat than for the camel to go through the eye of the needle.

"Well, Jenkins, although he had a large criminal practice, was making practically no money out of it. He had made himself a representative of poverty in the courts, and he remained poor. He often refused to take money from his clients. Yet to hear him talk about his profession, you'd think it was merely a matter of dollars and cents."

"I can't help thinking so yet," I broke in.

"Well, it isn't," said Roberts. "I've known him for years; and if there ever was a generous, kind-hearted man in the world, Jenkins is that man. Why, he'd give his last cent to a friend, claiming all the time that there was no such thing as friendship. He's a queer one."

"But to get back to my story—Jenkins found out that he was up against it financially. His father had to be supported; and Jenkins, up to this, had been barely supporting himself. He must either go over to the side of money and renounce his fight for the oppressed; or give up criminal law altogether."

"He met your father at this point in his career. Your dad was so impressed with his shrewdness, that he hired him to look after his large estate at a big salary. If he had known how much of the money he paid his lawyer had come back to him in the form of tenants' rents, he would have been the most surprised man in the city. Even the tenants themselves seldom guessed that the grim sour lawyer, who brow-beat them in the daytime to the limit of human endurance, would come stealing back like a thief in the night to slip money under their doors. I'll acknowledge to you, 'Deacon,' that at these times he is the most evil-looking philanthropist I have ever beheld."

Now I began to see Jenkins in his true colors. They were flaming colors—colors that proclaimed him one man among many. Now I understood why he could slip money under Eleanor's door, and still have no designs on her innocence.

"He's one of those peculiar men who would rather be considered a cold-hearted monster by the world at large, than generous and straightforward. Only the other day, he was telling me his reason for this."

"'Things go by their wrong names in this world,' said he. 'Mr. Gold is called an honest man, while everybody knows that young Pickpocket is a thief. Now to me, Gold is the thief, for he has stolen poor Pickpocket's honesty by the temptation of his fat wallet; while on the other hand, Pickpocket is the honest man, for he is living up faithfully to his environment.' He'd talk nonsense like this for hours."

"But where do I come in?"

"I'm coming to that now. Your father died and you inherited his estates. One day you went to Jenkins' office, and he was already primed for you. 'I know he must be bad in some way,' he said to himself, 'and it's a big satisfaction to know just how bad the man is, whom you're working for.'"

"So he laid a trap for you. He took you down in the

slums, pretending to be a hardened old sinner. He showed you the Watsons, because here he could out-do himself in deviltry."

"But why did he do that?" I asked.

"Why, to find out what kind of character you had. He claims that it's very hard for the average person to disagree with another on morality; that it's much easier to follow the line of least resistance. It's hard to sin when you're with a saint, and hard to pray when you're with the devil."

"Jenkins believes all this thoroughly; and so, to find out your true character, he became a kind of devil. He invited you to be a scoundrel and joined right into the spirit of it. Evil sometimes is as contagious as laughter. He tried to infect you with the germ of wickedness, but he failed."

"Another man would have given up, would have shaken your hand and said that he was wrong. But not Jenkins. He was too suspicious for that."

He waited, and said to himself: 'We will see.'

"That same afternoon you gave yourself away, or so he thought. You came back to see the girl, as Mrs. Hogan told him. The next day he came to me with a story about you. He was all cut up about it. He said that he was sure you were going to ruin the girl's life, and that he was to blame for it. He had hinted the very thing to you, and now you were following out his suggestions. He talked like a madman; and, although I told him that he was crazy, and that you weren't that kind of fellow at all, he wouldn't listen to me."

"That very day, late in the afternoon, he slipped some money under her door. She was poor; and anything she did, according to Jenkins, was justifiable. So he removed the spur of poverty with his money."

Physical Culture's \$3,000 Prize Novel

THIS is an excellent point at which to begin this story, if you have not read the preceding chapters, for our hero has not yet been married, and of course his troubles really begin with his getting married. From then on it is a stirring, intense, dramatic story, as you are destined to know. The preceding three installments have introduced our friends, the characters of the story. "Deacon" Frederick Colgate, twenty-one, has inherited wealth consisting of real estate in the slums of New York. There he meets, among his tenants, beautiful but irresponsible Eleanor Watson, with whom he falls in love, and her crippled mother. In a fight with his college chum, Bruce Smythe, Colgate has been knocked senseless in front of the fireplace in his room, his arm being burnt in the hot coals so as to leave a disfiguring and identifying scar. Meanwhile, Smythe, repentant and friendly, searches for another glimpse of the mysterious girl who has fascinated him. Jenkins, a shrewd old lawyer who handles Colgate's properties, sneers at the prospective marriage between Fred and Eleanor, whereupon Dr. Roberts, a friend of both, undertakes to explain the peculiarities of the old lawyer. So now let us lose ourselves in the story.

"But—alas for his plans—you continued to go to the house, and she continued to see you. In desperation he put more money under her door, and finally you caught him in the act. Two honest men taking each other for thieves. It must have been a very amusing scene. Are you convinced, 'Deacon'?"

"But why didn't he tell me everything himself? He knew that I intended marrying her, because I told him so right after I caught him in the hallway."

"Suspicion, 'Deacon'—he probably thought that you were lying—combined with his false modesty. I believe he'd rather be caught rifling a pocket, than putting money into it. That's the strange side of the man."

"I'm convinced, absolutely convinced, Roberts," I broke in. "What a suspicious fool I've been! You ought to have heard the way I talked to him. Why, he might have been the villain in a cheap melodrama, the way I pitched into him. He'll never have any more use for me."

"Of course he will. Probably he was greatly flattered by your abuse. It tickled his sense of humor to be taken for a bad man. He delights in that kind of thing."

Just at this moment the door opened, and Jenkins himself stood on the threshold. His eyes avoided mine. His face wore a weak foolish smile.

"Jake's awake now," said he. "You'd better go up, Roberts."

CHAPTER XVII

It was a cold day for October. As I stood outside Mrs. Hogan's door, I stamped my feet and clapped the palms of my hands together. At last the old Irish-woman confronted me.

"Sure thin it's Mr. Cowlgate!" said she. "Step right in, sir."

"Is Miss Watson home?" I asked.

"And where else should she be but home, when the loikes of you be callin' on her? Sure she's been wastin' away fer a sight of yer these days past. Go right up, sir; and I'll be steppin' around the corner for a little somethin' to warm me agin the chill in the air. If there's anythin' I can be gettin' to make a nice bowl of punch or the loike, just say the worrd. It ain't the way of Mrs. Hogan to be forgettin' whin a guest's in the house."

"Here," I said, giving her a dollar. "Drink my health, Mrs. Hogan; but save the bowl of punch till another time."

"Sure thin," said she, with a broad smile on her face, "I'll be doin' as yer say. I'll drink yer health, though the glass be runnin' over."

I found Eleanor alone. She was sitting listlessly by the window. When I pushed open the door, she jumped to her feet with a glad little cry.

"Oh, Mr. Colegate, I thought you'd forgotten me! Why did you stay away so long? Were you angry at me? Was it anything that mother said?"

"Angry at you? Why, certainly not. It was just hard work that kept me away."

"Hard work?"

"Yes, I've been going over a list of my tenants with Jenkins. We've been fixing up ways and means to help them. But where's your mother?"

"Sick in bed. She's got a bad cold. But I thought Jenkins was—"

"Oh no, he's quite the reverse," I broke in. "But

let's take a walk, and I'll tell you everything. Can you leave your mother?"

"Yes. She's asleep. But you haven't told me who put the money under the door."

"That was Jenkins. I'll tell you everything when we get out."

A few moments later we were walking along the Bowery. On either side of us a dingy shivering crowd flowed by. Loungers stared after us with all the sneering superiority of the corner aristocrat. The sun had hidden itself behind some dark clouds; already the shadows of evening had settled in.

"What a wretched street this is," Eleanor murmured, drawing closer to me. "Everything looks dirty and wicked. I like to see clean pretty things about me, don't you?"

"But you must get used to dirt, if you want to help people."

"Yes, I suppose so." She sighed a trifle wistfully. Suddenly I felt her hand on my arm. "Who's that?" she cried. "Why, he's bowing to us!"

I turned my head and saw Smythe standing on the back platform of a trolley-car. At first his eyes did not encounter mine. He seemed on the point of getting off. But suddenly he stopped short and raised his hat with a stiff automatic gesture. The car passed by, but he continued to stare back at us as long as we were in sight.

"What a rude man!" Eleanor cried. "Do you know him, Mr. Colgate?"

"Yes, I know him very well. He's generally self-possessed enough."

"I don't think he's so gentlemanly. What's he doing in this part of the city, Mr. Colgate?"

"Looking for a girl whom he saw only once. It was love at first sight."

"How romantic he must be!" Eleanor cried with a little laugh.

"He's a very determined sort of fellow. When he wants a thing, he generally gets it. I shouldn't be surprised if he found that girl and married her."

"Is he very wealthy?"

"No, just fairly well fixed. But what has that got to do with it?"

"Nothing. Only I thought, if he had lots of money he could hire detectives and have her traced."

When we returned to the boarding house, Mrs. Hogan was still out. The cripple was sleeping in her arm chair. The silence was unbroken except for Mrs. Watson's deep regular breathing and the ticking of the clock. All afternoon I had been nerving myself to tell Eleanor that I loved her. Now I decided to speak. This was an opportune moment.

"I love you, Eleanor," I said at last. "Will you marry me?"

There was a breathless silence, then her arms stole about my neck, and her soft lips were pressed to mine. "Yes," she said softly.

How long we sat thus, clasped in each other's arms, it is impossible for me to say. But our love-making soon came to an abrupt ending. The front door slammed with a bang, and Mrs. Hogan's far from melodious voice echoed through the house. She was attempting to sing. Evidently, from the sound of it, she had been living up to her word and drinking my health until the glass had run over. Eleanor shivered and drew away.

"She's drunk again! Oh, I'm so glad you're here! Do you think—?"

But here Mrs. Hogan's stentorian tones drowned her out:

"Sure Tim McCarty the dacent young man
Lost home, wife and childer, rushin' the can.
He came home with a souse,
Was turned out of the house;
The divil now has him in his ould fryin' pan.

"So drink with me airly
And drink with me late;
Drink while yer dyin'
And drink whin yer mate;
Drink whin yer lovin'
And drink whin yer hate
For do as yer will, or do as yer can,
The divil's heatin' his ould fryin'
pan."

"Isn't she awful!" cried Eleanor. "She'll go on for hours like that."

"Ha! ha!" cried Mrs. Hogan. "Sure it's light headed I am from the booze! I'll be goin' up to spake a few worrds to ould Mrs. Watson. I misdoubt that divil of a darter of hers is out on the streets galavantin'."

We heard her ponderous foot come down with a thud on the bottom step. Up she came, groaning lamentations and stopping every now and then to get her breath.

"Go out and tell her not to come in," Eleanor whispered. "I can't stand her when she's like that."

As I rose to my feet and hurried to the door, Mrs. Hogan again burst into song.

"Drink with me airly
And drink with me late
Drink whin yer dyin'
And drink whin yer mate;
Drink whin yer lovin'
And drink whin yer hate,
Fer do as yer will, or do as yer
can
The divil's heatin' his ould—"

Her words were choked off, as though death had put his invisible hand over her mouth. There came the sound of a heavy body falling, loud bumping on the stairway, and a heavy thud at the bottom.

I ran out and looked over the bannisters. The lamp in the hall shone brightly on the scene. There at the bottom of the stairway, lay a bundle of clothes.

"Heart failure," said the ambulance surgeon, a few minutes later.

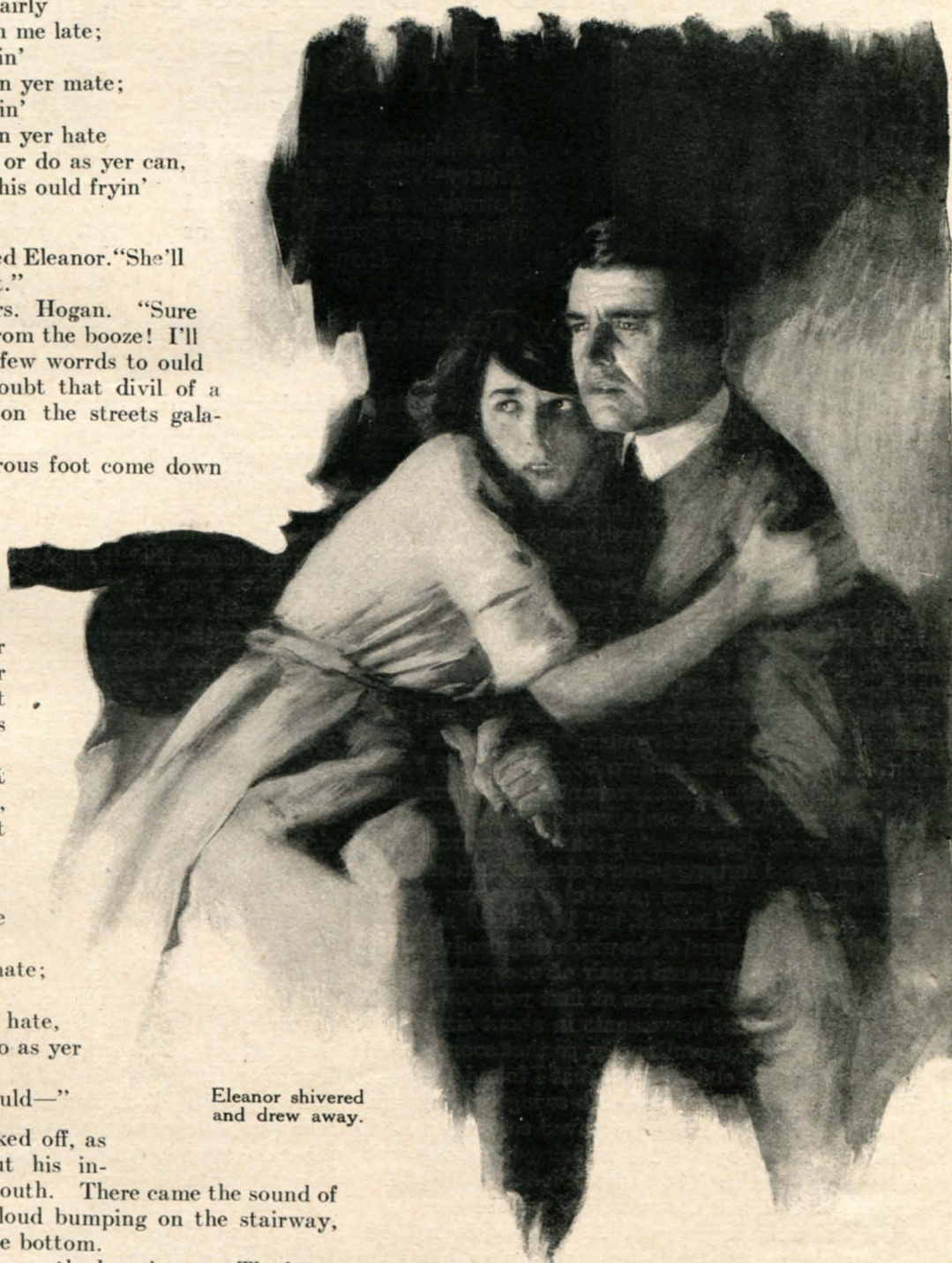
"Oh, dearest," Eleanor cried, throwing her arms around my neck, "take me away from this terrible place. I can't stand it now."

"When will you marry me? Will you marry me tomorrow?"

"Yes, yes, anything—but take me away. And tonight you must stay here. I'll make up a bed for you on the couch. Will you stay?"

"Yes, of course I will."

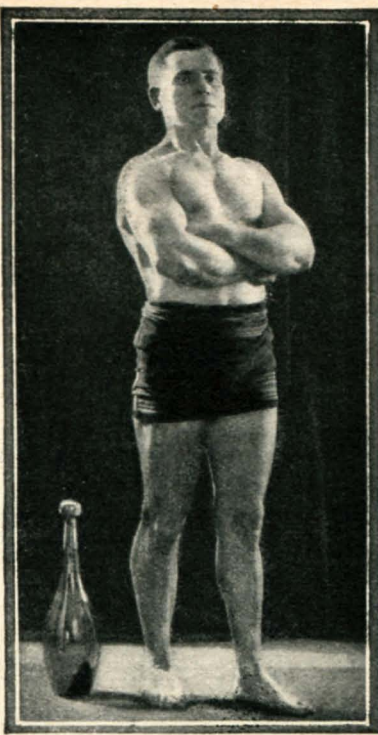
Three hours later I lay on the couch, staring into the blackness. Through the door I could hear the hoarser breathing of the cripple, mingling with the gentler breathing of Eleanor.



Eleanor shivered and drew away.

CHAPTER XVIII

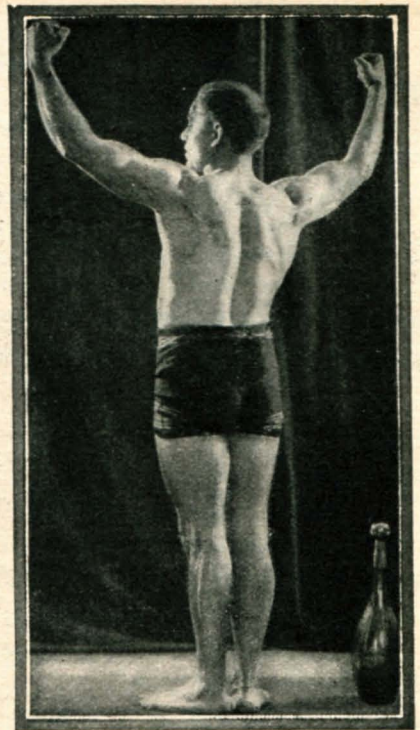
The sun streamed in through the half-open window. It was a beautiful day—a day with just a hint of winter in it to sharpen up the (Continued on page 137)



Club Swinging Gave Me 25 Pounds of Muscle

A Weakling and Invalid at
Thirty-Nine, Weighing 120
Pounds, at Forty-two I
Weigh 145 Pounds, Hard as
Iron.

By Ferdinand H. Lohrke



I WAS thirty-nine years old and still a weakling, practically an invalid. I weighed one hundred and twenty pounds.

That was three years ago. To-day, at forty-two, I weigh one hundred and forty-five pounds, solid muscle and bone. I have gained twenty-five pounds in healthy, vigorous, muscular tissue, but I have gained a thousand pounds in energy. In other words, I can lift a thousand pounds more than I could three years ago, or in the form of work and effort I am capable of thousands of pounds of energy each day. That's pretty good for a lifelong invalid.

I was always very weak, nervous and sick, and particularly subject to heart trouble. The doctors kept me in bed for weeks at a time because of my heart. In the winter of 1918, after a severe attack of pneumonia and influenza which left me in worse shape than ever, weaker and more despondent, I found my salvation.

It was my good fortune to see a class of men engaged in club swinging. It was graceful and easy, and it looked good to me. I tried it, but I found to my chagrin that the three-pound clubs which they used were too heavy for me. I purchased a pair of one-pound clubs and set out to learn. Progress at first was slow, but I mastered the different movements in about six weeks' time, gaining strength continually, so that soon I could use the three-pound clubs. After that I found the work so fascinating that I practiced club swinging for hours.

After three months I had improved so much that I began to use five-pound clubs, swinging these daily for another three months. Then I had the thick end of the five pound clubs bored out and filled with lead so that they weighed ten pounds each. After using these for a year they became too light for me. I now had two Indian clubs made out of cold rolled steel, eighteen inches long, six inches in diameter, and hollow at the thickest part, nickel plated and nicely polished. They weighed twenty-five pounds each when empty. After eight months' practice with them I was able to do all the different complicated swings usually performed with three-pound clubs.

I used to swing these clubs for exercise down on the

beach at Atlantic City, and found much amusement in the futile attempts of visitors, some of whom were noted strong men, who tried to duplicate my exercises.

Later I had one of my twenty-five pound clubs filled with lead, which now brings its weight up to seventy-one and one-half pounds, although nearly everyone who lifts it declares that it must weigh at least one hundred pounds or more. I am about to start on a cross-continental walk from New York to San Francisco, in which I will carry this seventy-one and one-half pound club.

In less than three years I had changed from a weak, sickly person, to a man of enormous vitality, endurance and good physical condition, for be assured, that not only the muscular make-up, but the heart, lungs and, in fact, all the internal organs, must be in perfect order to perform such feats of endurance and strength, day after day, for weeks and months. I have not been sick at all in the last three years, not even with a cold.

Now, of course, there are other ways of gaining health, vitality, endurance and strength than this, but few are so efficient, and after all, what good is the best physical culture system when you have to force yourself to do same, and in consequence, do not exercise frequently and regularly. Of course, it is not necessary that you practice as much as I did, unless you want to be an instructor or become exceptionally strong. Twenty minutes to half an hour devoted to Indian club swinging daily is sufficient for your health and vitality, will vastly improve your muscular development, and, what is even more important, will stimulate your internal organs to increased action.

If you intend to take up club swinging as one of your keep fit measures, I would advise that you procure a pair of Indian clubs which are the proper weight for you. When you buy them, try to swing a few of them of different weights, and the one which is heavy enough to weigh down the arm, but not heavy enough to tire you when swinging a few times, is the one you want. For ladies, a one pound club is usually sufficient; for men a weight of one and one-half to two pounds will be the right average weight for each Indian club.

I should advise that if possible, you take lessons from

an instructor or join a class in Indian club swinging, for there is art in club swinging, just as there is art in painting a picture; there is a right way which is graceful and rich with results, and there is an awkward, stupid, blundering way of swinging them that brings little or no results. Once you get the swing of it, it is positively fascinating, especially when done to music. It will fit you better for your mental work, whether you are a preacher, lawyer, doctor, writer, artist or other mental worker, because Indian clubs have a funny little trick of clear-



Figure 1

Start from position as shown in Figure 1, feet apart, as shown, to steady the body. Then swing the club down and outward, which means away from your body, all the way round, coming up again to the first position. A circle such as this is called a large outside circle. Swing the circle from ten to twenty times. Rest a few minutes and repeat. Do the same with the left arm. For the large inside circle, shown below, you swing inward, when starting on the downward movement, across instead of away from the body. Do the same with the left hand. Keep elbows straight.



Figure 2

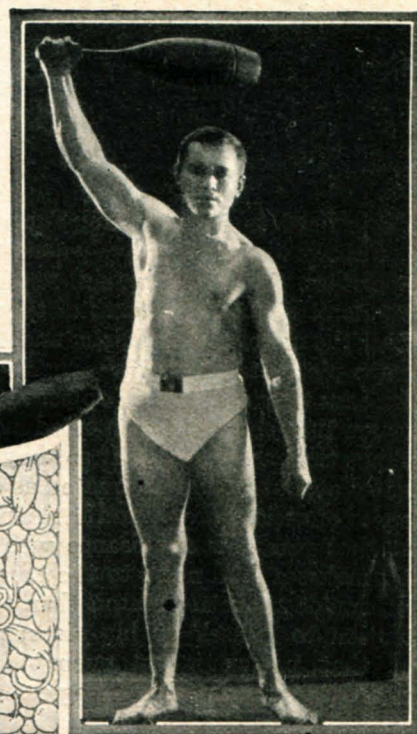


Figure 3

After practicing the large circles, you can add the small circles. This can be done after completing the large inside circle. Bend your arm, and swing the club toward you, or rather let it fall toward you, back of your arm. Swing up again to starting point. Same with left hand. The small circles swing behind the head. The small outward circle is added after completing the large outward circle, in which case you swing or let the club fall away from you.

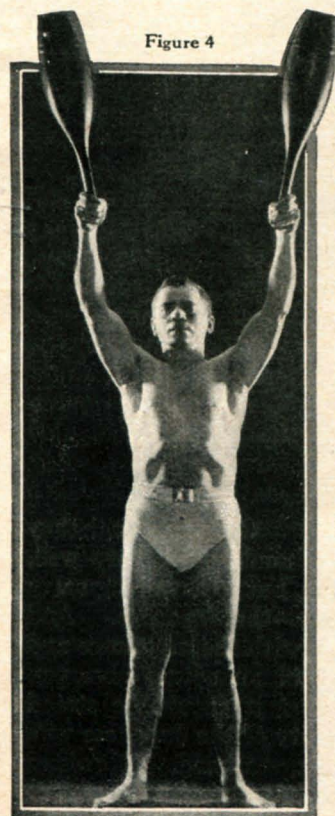


Figure 4

By this time you are somewhat accustomed to the main simple swings with one club, and you may now take both clubs. Come to position as in Figure 4, clubs stretched high above the head. Let them swing downward, away from the body as shown in Figure 5. Figure 6 shows position while crossing the clubs in front of you in opposite directions, then coming up to starting position. Without stopping you then do the small inward circle behind your head with both clubs. Repeat from six to twelve times. Count one at start of large circle, and two on start of small circle. After learning this, reverse the movement, starting with the large inside circle, crossing the arms above, at the start. Keep arms straight during large circle swings to get the full benefit of the exercise.

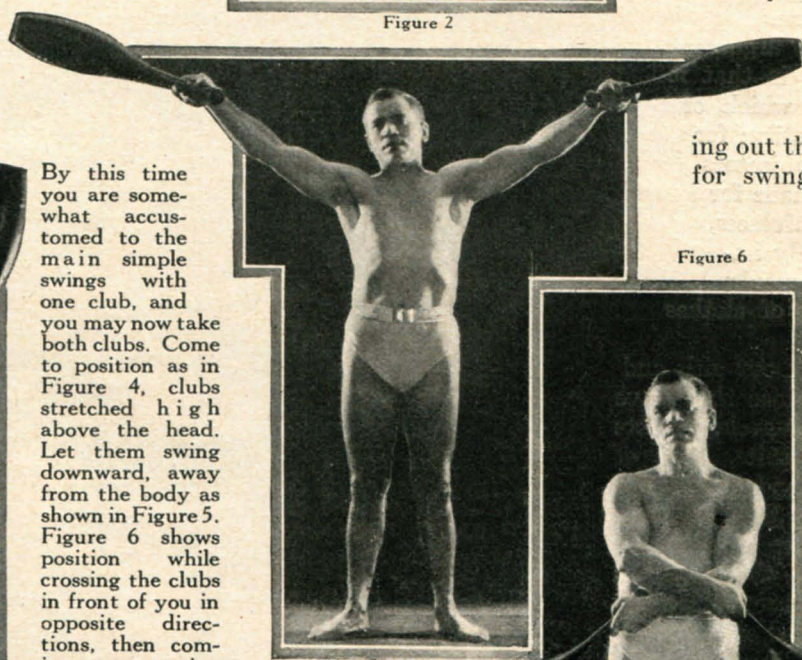
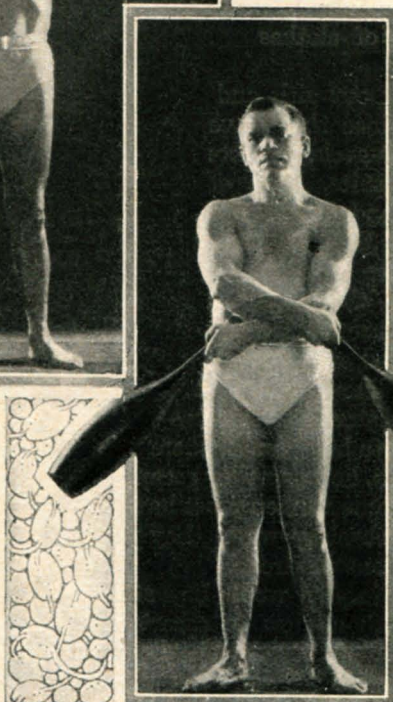


Figure 5

Figure 6



ing out the brain. They are fine for swinging the blues away.

Next time you have an attack, try them and find out for yourself, and your problems will solve themselves, your troubles will vanish, and you will smile when remembering that you ever worried about them. And, then, one of the greatest joys in life is the rest and complete relaxation after strenuous work or exercise.

Incidentally, it is advisable to change your clubs from time to time to heavier ones, when they seem (Continued on page 94)

Clothes and Chastity

By John R. Coryell

IT is hard to resist poking fun at the would-be reformers who are so gravely concerned about women's clothes that they would regulate them by law. They don't like the shortness of the skirts, nor the lowness of the necks of the waists; and they are horrified at the one-piece bathing suits.

Perhaps they are right in objecting to these things. If they are they should be supported instead of laughed at. Perhaps they are wrong. If so they should not only be laughed at, but should be treated as other nuisances and enemies of society are. And it should be borne in mind that that person is a nuisance who persistently makes a loud noise to the annoyance of others for no better reason than to call attention to himself or his ideas; and that that person is an enemy of society who tries to block progress toward better conditions.

Usually these objectors are vociferous in the name of the Lord; but they never show their credentials; and the weight of evidence is against their representing Him or His attitude toward this matter of suitable clothing. Indeed such evidence as is obtainable tends to prove the reverse of their contention.

The burden of their argument against scanty clothing is that it tends to immorality, by which, of course, is meant unchastity; for not the wildest of objectors would contend that it made for murder, theft or untruthfulness, all of which are distinctly immoral. So it is necessary only to consider the relation of clothes to unchastity.

If it can be shown that our girls and women are less chaste since they have worn short skirts and low-necked waists and one-piece bathing suits, then of course the argument is ended; and the sooner our females cover their legs and their necks and wear two or three or four-piece bathing suits, the better it will be for all of us. But are women less chaste than when they dressed differently? What man would like to say of his mother, his wife or his sister that she was less chaste than she used to be? And if there are men who would say so, how can they escape from believing that the same women must have at least tended toward unchastity when they adopted these reprehensible fashions in dress?

Another fruitful line of inquiry would be a study of the peoples of the earth with a view to ascertaining whether or not the women who wore the most clothing were the most chaste. I don't know where

to go for just that sort of information, but as it happens we have the testimony of men like Humboldt and Wallace and Darwin, who after going about the earth and coming in contact with many peoples, have all declared that the chastest women in the world are to be found among those tribes who habitually wear little or no clothing.

Of course it may be said that it is not fair to compare a savage people with a highly civilized one; and it seems to me there is something in that contention—not much, perhaps, but something. At any rate it will be profitable to consider the case of a people with a civilization, somewhat different from ours, but at least as highly developed.

No, I am not going back to the ancient



Photos by courtesy of Goldwyn and of Real Art Pictures Corporation.

Who can say that the beautiful and attractive dress worn here by Mary Miles Minter is less modest than the old-fashioned garment at her left. Can anything be more refreshing than this change for the better in women's clothing?

Greeks, though they would serve very well, too, but to a contemporary people—the Japanese. And I speak with the assurance and authority of an actual observer. At the outset it should be stated that the chastity of the Japanese wife has never been questioned. Nowhere and at no time has chastity been con-

sidered of more importance. I was in Japan many years ago and before any steps had been taken to copy any part of our civilization. Now the casual traveler does not come in contact with the same conditions, but one who comes into more intimate relations with the Japanese, will discover that they have not changed materially.

The Japanese wear clothes not to cover their nakedness, but for convenience. If they are cold they cover themselves; if they are too warm they remove their clothing. If they wish to bathe they remove their clothes frankly. In their bath-houses men, women and children bathe together nude. A tub in the middle of the street, with a nude mother bathing her nude children is a common sight.

During my first days in Japan I nearly broke my neck trying to look at every nude woman I came upon, for I had been "well brought up" and was filled with an almost insane curiosity. In a few days I recovered my poise and was almost as sane as a Japanese. To one who is familiar with the nude there is no relation whatever between nudity and sex passion. To the Japanese the nude body is neither decent nor indecent; it is simply natural.

To me it seems that our main trouble in this matter of clothing lies in our mental attitude toward the body. Our climate and the general exigencies of life make clothing desirable; so by a twisted, back-handed sort of logic we seem to assume that because our clothing hides our bodies therefore that is its office; and that since our clothing is to hide our bodies, therefore our bodies must be shameful.

Of course clothing is worn primarily for comfort; and there are plenty of good reasons to adduce for wearing clothes as well in summer as in winter, without resorting to foolish reasons. And the body is not shameful in itself; though most of us should take shame to ourselves for taking advantage of our clothing to hide avoidable ugliness. The body is a marvellous thing, not a shameful one; and it should be honored and held in highest esteem.

Probably the most injurious and hideous thing that is done is the teaching of children to look upon their bodies as dishonorable. The singular fact in this connection is that this teaching is ostensibly to keep the minds of the children pure while in reality it is soiling and making filthy what at the outset was clean and pure. We have even coined two terrible words with which to characterize objects and conduct and words banned by the teachers of and believers in this awful cult of impurity. One is reminded of the device of the thief who takes up the cry of "Stop thief!" in order to divert attention from himself. The words are, modesty and obscenity.

The basic phenomenon of life is sex; a phenomenon as beautiful as it is wonderful. Yet our teachers of impurity tell us that any discussion of sex is obscene! Consider that obscenity is a state of mind only, and at once it becomes clear that it is the mind of the person condemning sex that is unclean.

Certainly the outcry of these persons with unclean

Nowhere is progress in our ideals of life more evident than in the evolution of the bathing costume. That shown at the right is expressive of the presumed concessions to modesty of a generation ago. But how could Ethelda Bliebtrej have made her swimming record of 100 yards in 1 m. 3½s., if she had been dressed the other way.



minds is not as potent as it once was. It has not availed to prevent millions of women from wearing short skirts, low-cut waists, or one-piece bathing suits. Women are not as easily frightened as they once were by the loud cry of immodesty.

Health and physical vigor mean more to them now than formerly, and the bogey words of the prudish regulator of their morals do not deter them from wearing suitable clothing. They wish to swim, and they know that the one-piece suit is best for that purpose. They wish to ride horseback, and they know that both health and comfort are promoted by a seat astride of the horse; therefore they wear breeches.

The desire for health and vigor started the movement among women for suitable clothing; then came the war with its need for the services of women, and with that need the revelation that the dress of women was not suited to utility. So health and comfort and utility have combined to make clear to women the hollowness of the bogey cry of immodesty.

That this is so is most encouraging, but that word obscenity is still one to conjure terror with. It is true that some progress has been made along that line, too; but oh, how woefully little! (Continued on page 98)

What Would You Do in This Case?

A Personal Problem Department

Conducted by Carl Easton Williams

IS disparity in age a bar to marriage?

Probably that depends upon the extent of the difference in age. If it is a case where May marries December, there will probably be no difference of opinion upon the point that such a marriage is not a suitable one.

So many letters have reached this department, raising this point as to whether or not a couple should marry when there is a material difference in age, that it would be interesting to hear from our readers as to their opinions on the subject.

Perhaps the most interesting of these letters is that given below, which is obviously the case of the "Bashful Suitor." You will see at once that we have here truly a case of a very much smitten lover. He has all the symptoms of one who has been "badly bit," or, to use the traditional symbolism of our little friend Cupid, one who has been "hopelessly wounded." Perhaps the misgivings which play so prominent a part among his symptoms are typical. At any rate, when a man writes like this, simply but sincerely, it is thoroughly evident that the age of romance is not dead.

I am a man thirty-five years of age. I have always lived a lonely single life. I never associated much with people as I have always been very sensitive, which is something I have never been able to overcome.

However everything seemed all right until last year, when I fell in love with a girl twenty years old, just fifteen years younger, and here is where my problem comes in. I was about twenty-seven when I began to notice that I was getting quite a lot of gray hair, until now my hair is quite gray around the temples. Of course this in itself was bad enough for a sensitive man, but I was getting quite used to it. However, now all is different, I seem to feel fine and young in every way; I seem to forget myself entirely, I will say to myself, "After all what is fifteen years difference in age, if I feel young and healthy?" Then I will take a good look at myself in the mirror, and all is over. I cannot help it. The signs of age are in my face and hair. It nearly drives me crazy.

I am crazy about this girl. I cannot seem to live without her. But I try my best to hold myself off. She seems to feel the same about me, and seems to wonder why I act so strange.

I know you will say, if you both love each other you should worry. But I cannot see it that way.

I look at it like this. This girl is young and pretty. This is probably her first love affair. She is too young to know better, and may be sorry for it later. I know she can get younger men than I am, if not better. She would not be marrying me for my money, for she knows I haven't any. Really I do not see why she prefers me to some of the younger men she could get, and who I know are crazy about her.

Now this is my problem. My soul and body cries for her. I am restless until I am near her, then my will and judgment will try to hold me off. I can not keep this up much longer. I love her too well to take advantage of her youth in any way, if she may be sorry for it later. Perhaps some of your readers have had some experience with this matter of difference in age. Could she really be happy if she took me as I am? Can such love endure? Would it be best for her if I went away somewhere and tried to kill this love?—J. S. S.

There may be a difference of opinion as to the advantages of a marriage in which the husband is fifteen years older than the wife. It might be desirable that there would be less disparity in age. Nevertheless this is not a prohibitive difference. For there have been any number of happy

marriages in which the husband was twenty years older.

Taking this concrete case, it would seem that our correspondent has overlooked certain factors through his natural innocence and lack of experience, namely, that as a rule a girl desires a man somewhat older than herself, not only because women mature mentally much earlier than men as a general thing, but also because it is perhaps instinctive that in a prospective marriage she desires a man of strength and stability. She feels that she wants someone who is strong enough to lean upon, someone capable of offering her that protection for which a woman naturally looks in the man she marries. Naturally the seemingly raw, green youth of the early twenties, does not so often carry this suggestion of strength and dependability.

It may well be that the little touch of gray around the temples is a factor of attractiveness in many cases. If our friend knew the fair sex better, he would have less misgivings upon this score. It is even possible that the girl in the case is just as "crazy"—crazy is right—about him, as he is about her, especially since he already knows that she seems to prefer him to younger men that she could probably "get." The final question as to whether it would be best for her if our correspondent went away somewhere and tried to kill his love is merely a "symptom."

While on the subject, we may as well consider a number of queries from men who have fallen in love with women older than they. "B. R. H." for instance, is a young man of twenty-one and is convinced that a girl of his acquaintance who is twenty-five, is the one and only woman in the world for him—and yet he hesitates. Among other things, he asks the question "Does a girl mature so much earlier than a boy that she in reality would be mentally six or seven years older than the actual four?" In one or two other cases, B. M. C. and A. A. W., there has been a difference of as much as eight years, the woman being the older of the two, the woman in one case hesitating because she feared "she would ruin his future."

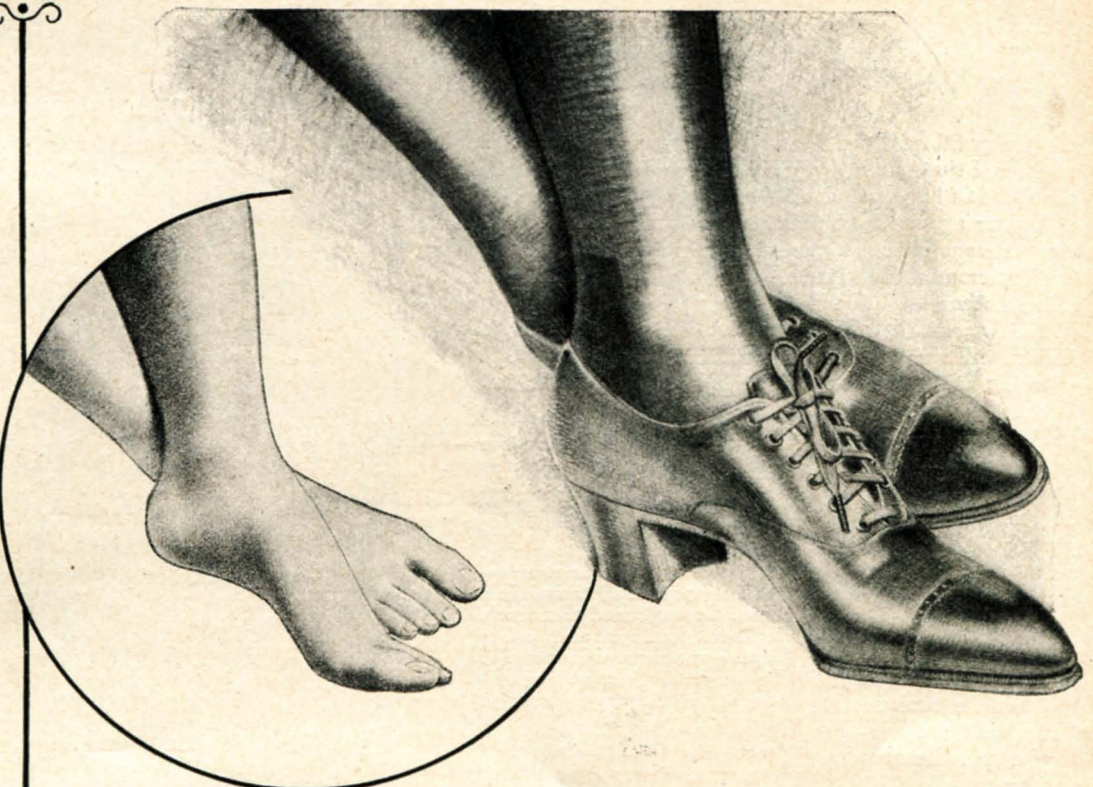
Ordinarily, where there is a disparity in the ages, it is perhaps better that the man be the older of the two, and yet the reasonably greater age of the woman is not necessarily objectionable. In the case of B. R. H., it might very well work out advantageously from the standpoint of mental maturity, inasmuch as a woman of mature understanding would (Continued on page 111)

Cantilever Stores

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Akron—11 Orpheum Arcade
 Albany—Hewett's Silk Shop, 15 N. Pearl St.
 Altoona—Bendheim's, 1302—11th Ave.
 Ashbury Park—Best Shoe Co.
 Asheville—Anthony Bros.
 Atlanta—Carlton Shoe & Clo. Co.
 Auburn & Geneva, N.Y.—Dusenbury Co.
 Austin—Carl H. Mueller
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 Bay City—D. Bendall Co.
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 Boston—Jordan Marsh Co.
 Bridgeport—W. K. Mollan
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 Chicago—30 E. Randolph St. (Room 502)
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 Lansing—F. N. Arbaugh Co.
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 Lexington, Ky.—Denton, Ross, Todd Co.
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 Little Rock—Poe Shoe Co., 302 Main St.
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 Milwaukee—Brownlee Bros. Co.
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 New Rochelle—Ware's
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 Oakland—205 Henshaw Bldg.
 Omaha—1708 Howard St.
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 Pawtucket—Evans & Young
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 Wheeling—Geo. R. Taylor Co.
 Wilkesbarre—M. F. Murray
 Winston-Salem—W. C. Wright & Co.
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I am a pair of Beautiful Feet

My arches are supple and strong. My toes are straight-forward and shapely. No corns, no callouses disfigure my smooth skin. I am pretty enough not to mind being seen.

Up and downstairs at home, to the theatre and shopping, throughout the busy day, I carry Her untiring and without complaint. Cantilever Shoes do not cramp or mar my strength and my smoothness.

Listen to what She has done for me. Learn why I—Her proud feet—never tire of serving Her.

She has never crowded me for long into cruel, ordinary steel-shanked shoes that say to me, "What are you complaining about? I wasn't made to bend in the arch like human feet."

Over-high heels have not tilted Her body so far forward that just a few of my muscles have had to strain to do all the work.

Pointed toes haven't brutally ordered me, "Crowd your toes together! Turn them in! Fit me! I wasn't bought to fit you."

She has kept me in Cantilever Shoes whose arches are flexible like mine. She has not broken my arches and my pride.

When she laces these Shoes

their flexible shanks draw up snugly to give my arches just that degree of support which they need.

She has been advised. She has carefully chosen a shoe that allows all my ligaments and muscles needed exercise, that permits the blood to flow freely through all my veins, that lets me feel vigorous, and happy and ready for anything.

Sometimes irritated ugly feet have the ill nature to hint that She put me in Cantilever Shoes because Cantilevers are good-looking. I say nothing. I think of the lines of that artist, du Maurier,* and—well, I am a woman's feet—I enjoy looking graceful in shoes as well as when bare.

These things I thank Her for daily: She has furnished me with shoes that have preserved my strength and my beauty of contour.

She has made me beautifully comfortable.

And she has made it easy for me to go, do and to desire to do, everything that adds to Her success and happiness.

Is it any wonder that I do not get tired serving Her?

*"It is a wondrous thing, the human foot, but it is seldom a thing of beauty. It can sometimes be very ugly, even in the fairest and highest and most gifted of her sex; and then it is of an ugliness to chill and kill romance, and scatter love's young dream, and almost break the heart. And all for the sake of a ridiculously high heel and a pointed toe—mean things, at the best!"—Du Maurier.

If none of the listed dealers is near you, write the manufacturers, Morse & Burt Co., 7 Carlton Avenue, Brooklyn, N. Y., for a nearby dealer's address and for the Cantilever Booklet which tells some things you will be glad to know about your feet.



Cantilever Shoe

Endorsed by Women's Colleges, Women's Clubs, Public Health Authorities, Physicians, Osteopaths, Directors of Physical Education, Editors, Stage Celebrities and prominent women everywhere.

Let's Try to Die Laughing

(Continued from page 35)

all her youthful "pep," and preserves intact the upper register of that glorious voice which was the first to sing "In the Good Old Summertime"—remember it?—back in 1902.

A year ago we had with us the inspiring spectacle of two veterans of the stage reviving a comic opera at which our fathers and mothers—nay, even out grandfathers and grandmothers—had laughed, back yonder in 1887; and one of the two was the star in the original production. Francis Wilson will always be linked in theatrical history with the witching melodies and irresistible comedy of "Erminie."

When he first revived it, in 1903, I was among the hordes who laughed at his obstreperous green plush trousers and the comical shanks which they encased; for two of Wilson's funniest features are his legs.

When he revived "Erminie" last winter he had the able assistance of that prince of funmakers, De Wolf Hopper. To see these two, aged sixty-seven and fifty-nine respectively, frisking about the stage as coltishly as any pair of youngsters was a sight worth going miles to enjoy. And in addition to them there was good old Jennie Weathersby, who had played the part of the *Countess de Grampeneur* in every performance of the opera since its inception in 1887. I do not know how old she is, but she must be well along

The big fellow that you see here, imposing on Francis Wilson, is no less than De Wolf Hopper, pretending that he is a notorious crook disguised as a duke or something. Once heard, you will never forget his powerful, inimitable voice. It has cured thousands of hard feelings and other harsh symptoms. He is one of the most distinctive personalities in all stage history.

Photo by White Studios, New York City



© International Film Service, New York City



Would-be suicides, before resorting to extreme surgical measures such as throat-cutting, head amputation, letting daylight through the brains, or possibly spilling the latter on the bathroom floor, or before resorting to radical drug treatment such as cyanide of potassium or strychnine should try to see either of these specialists, Blanche Ring or Richard Carle. Why not try their treatment, making the surgical measures unnecessary.



in years; and the older she is, the more comical is the philandering between her and Cadeaux, the fake nobleman. There are some who turn up their noses at the idea of old folks doing such things—especially a man of Francis Wilson's intellect, who is a student, a connoisseur in rare books and himself an author of much merit. But I like to see it. It warms one's heart to think that there are men (and women) so rich in experience who can still be deliberately funny and make one laugh as well as a young man. I like to remember old Henry C. Barnabee—who was for so many years at the head of that fine comic opera company, "The Bostonians"—as I saw him two decades ago, when he was nearly sixty-eight, singing, dancing and high-kicking through the part of the comically villainous Sheriff of Nottingham, who was always trying to pinch Robin Hood for grand larceny and always getting foiled.

Wilson and Hopper were usually called before the curtain for a speech last winter, and they had a dialogue which was about as funny as the show itself, in which they joked each other about being so old. One remark of Wilson's had in it a sudden and unexpected thrill of sentiment that brought a round of applause from the audience—"I couldn't keep old age out of my hair, but I did keep it out of my legs and my heart!"

Long may he continue to do so! We need a few million more old men who can keep age out of their legs and their hearts.

(Continued on page 60)

What Would You Give—to Be a MAN Like This?

If you were a runt or a weakling—or of ordinary build—what would you give for a physique like Owen Carr's?

WHAT would you give to have the appetite of a wolf, the digestion of an ostrich—to have every muscle in your body hard as nails and your system running as smooth as a dynamo?

What would you give to be a veritable human dynamo for energy and vitality—to have an inexhaustible reserve of strength and vital energy?

What would you give to have good red blood tingling thru your veins, and to thrill with the joy of living?

All these things you can have, and more. You can have each muscle of your body developed as nature intended it should be. You can have the bounding energy and vitality, and the buoyant, cheerful outlook on life that is possessed only by those in top-notch physical condition. You can have the strength of two or three ordinary men combined.

It isn't a question of what you can afford to give—you have all these qualities in you right now. All that you need to give is a few minutes a day to develop them and bring them to the surface.

You Can Be a Man Like Owen Carr

THOUSANDS of other men and boys have been developed from weak, ordinary individuals into splendid specimens of muscular manhood, through the Milo Method of body building. You can be a man like Owen Carr. He says:

"I think your apparatus and courses of instructions are the only means to acquire the development and physique that all male enthusiasts aspire to attain; and if some of the skeptical persons would only give it a fair trial, I would wager any amount they would be strongly convinced to their own satisfaction, and weight exercising would be the big feature of their daily physical routine."

Your sincere pupil,
OWEN T. CARR,
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It makes no difference how weak or undeveloped you may be right now. A course of instructions is laid out to suit your needs by an expert in body building. You start well within your limits, with no danger of strain or over-exertion.

The exercises bring into play each and every muscle of the body, strengthening and developing all parts equally. Every muscle, organ and nerve is stimulated and refreshed. You enjoy the beneficial effects immediately, and in a few short months you have a body of which you are justly proud.

Why be weak and sickly? Health and strength are yours for the asking.

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TWENTY years ago we originated the Milo Method of Body Building—a method so simple and easy that even a child could follow it, but so effective that it has developed more perfect specimens of muscular manhood than all other "systems" combined.

The Milo Method saves your time and energy. Through the expert knowledge we have gained during the past twenty years, we have discarded the conventional, time-worn methods that waste both time and energy; and have evolved a system that fits itself to your needs. No matter how weak or undeveloped you may be, we can give you exercises that will go right to the root of things and will give you sound nerves and firm muscles, and a perfectly functioning body, replete with energy and vitality.

With no obligation on your part, we will send you a copy of our booklet **Health, Strength and Development—How to Obtain Them.** It will show you how you can be a man like Owen Carr. Send for it to-day.

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Owen T. Carr—a Milo Built Man

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Health and Strength Thru Fun: By A. W. Marsh, Gymnastic Dept. of Harvard and Amherst.

How to Run the Hundred: By Mary Morgan, holder of the American Record for the 100 yard dash.

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If you have red blood in your veins—or if you want to have—you will enjoy every page of every issue of **Strength**. The April issue is now on sale on all news stands.

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Here is an answer that has stood the test of over 25 years of searching scientific study, and will reward your closest analysis:

The scientific development of a well-balanced personality. The Lifil Course of home study not only shows you *how* to do this, but actually makes you do it.

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It is a commonly accepted notion that to earn a living, it is most important to put in one's head all the special or technical information required to become a lawyer, or doctor, or engineer, or merchant or what not. This of course is important, but it is not the *fundamental* training that will insure the greatest success.

You have seen men with the finest educations who somehow fail to apply them, and fail to make any headway in life.

Read what one of America's most noted financial and economic authorities thinks about this:

"During the past few years I have been analyzing the characteristics and assets of America's great captains of industry. In beginning this investigation, I thought that the important things of business were capital, technical training, physical endurance and those other material forces which we so much seek. Careful study, however, convinces me that these tangible factors are of little value. The real assets possessed by our captains of industry are the so-called intangible assets, among which are thoughtfulness, kindness, sympathy, hopefulness.

"The great engineers have not been those with the greatest technical knowledge, but rather those who had the power to gather around them a staff of loyal men. * * * The great manufacturers are not those possessing vast mechanical knowledge, but rather those who have visions and dreams, the men with faith, courage and hopefulness. * * *

"The great bankers are not those who can best analyze securities and statements. * * * The great bankers are the men who have faith in their fellow men, who are willing to trust, help and boost those who come to them in distress. * * *

"Thus it is that the men and women who have perceived the *simplicity* of the great fundamentals, become the leaders, and hire others to do for them the things which require merely technical knowledge or ability.

How Does "Lifil" Develop a Well-Balanced Personality

Lifil in a word expresses the rewards you can win through the "Science of Personal Success." This "fireside education" contains thoroughly defined principles and exact, definite methods for developing every power and faculty of the five great parts of your personality—Body, Mind, Heart, Will, Faith. It is, in truth, a crystal-clear Life Philosophy.—Life Phil—Lifil—filling Life with more Life, for Life.

It is so simple to understand, so obviously true, that any one who is able to read the magazines can grasp and apply its teachings. Here is a brief taste of what the Lifil course will bring you:

BODY. Not simply for health, but for vigorous health. Condensed vital scientific exercises for body balance and nerve health. You will learn to love the "three-minute" exercise, and laugh while you do it, and every laugh draws a nail from your coffin.

MIND. Do you know the two strong forms of reasoning, and the three weak forms? Have you Constructive Imagination—the source of all inventions and discoveries? Lifil shows how to develop and use it in your business and social life. Lifil gives a unique and distinctive training in the laws of thought and memory.

HEART. Any brief description of this part of Lifil would only convey an imperfect and false idea of it. The two sections on Sentimental Love (sweetheart, sex, marriage) and on Civic Love are alone priceless to every thinking individual. The Nine Major Sources of Feeling, which sweep every man on to victory or defeat are given you, and how to control them for more friends, clients, customers, and success.

WILL. Lifil does not simply talk about determination, persistence, push, focalization, conservation of energy, courage, self reliance,—but gives the actual exercises for realizing them in your life. Learn the new science of Mental Metabolism, for success control,—the very point where the millions fail. You will marvel that it has not been thought of before, taught, and used in education.

FAITH. Confidence and faith move everything worth while. Lifil reveals, in simple language, an infallible source of power overlooked by the masses, but which will prove a revelation for practical everyday use.

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Dr. Stanley L. Krebs, A. M., Psy. Dr., of New York City, who is internationally recognized as a psychologist, scientist and educator, has prepared the Lifil course for you. The Commercial and Financial World said, "It is no more than the exact truth to say that Dr. Krebs is one of the great master minds of the age." One business student says of Lifil,—"This course should be the foundation of any education. I feel confident that it will help me greatly in both study and work."

Enthusiasm of Students Unbounded

Daily letters from delighted students come to us, from which we can quote only briefly: (*College graduate*): "If I had only known about your course before I attended college I would have had four fruitful years to look back upon. However, I have it now and I know that the next four years will see the greatest transformation that has ever happened in my life."

R. R. Clerk—"A person who had not seen me for several weeks, remarked today that I seem 'different'—so changed and bright. Thank God, I am different in many ways, since taking up and practicing your teachings."

Sales Manager—"I am in the investment security business and we have a great many salesmen working for us, and I am sure that this course would be of great benefit to men in this line of work."

The "Lifil" Method of Scientific Individual Instruction

By doing we learn life. By reading we only learn facts about it. This course is a *doing* course. You really get life in all its phases: the Balanced Personality, the Balanced Education, directly applicable to any man or woman, in any walk of life—a fortune to the young, a new inspiration to the old.

Individual correction and guidance is given to every student. Your relation with the instructor is confidential, and you will appreciate his sympathetic and eager interest in your personal progress. You will begin to live Lifil with the first lesson. Put Lifil in your life—and watch results!

Send Today for "Personality Supreme"

Develop your own personality! Nowhere in the world is there an opportunity as great for you as—YOURSELF! Get and read this book which describes in detail the remarkable Lifil training, that has proven a revelation to many who have studied widely the subject of personality. We will also send you our Balanced Personality Test, which if filled out and returned entitles you to a confidential psychological analysis free of charge. This is the first step in your self-realization. Sign and mail the coupon. Now, stating your age and occupation.

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Gentlemen:—Please send me a copy of Personality Supreme, and also your Balanced Personality Test.

Age..... Occupation.....

Name.....

(Write your address plainly in margin)



Let's Try to Die Laughing

(Continued from page 58)

Why not make friends with Time and live happily with him? "Time does his work honestly," says Dickens, "and I don't mind him. A fig for Time, sir! Use him well and he's a hearty fellow; but care and suffering are devils—secret, stealthy, undermining devils, who tread down the brightest flowers in Eden, and do more havoc in a month than Time does in years."

Who has not laughed at and with big, jolly May Irwin—as broad as she's long and every pound of her full of fun! Who of the younger generation would believe that she is fifty-nine, and that she first appeared with her sister Florence in a singing turn at the Adelphi Theatre in Buffalo in 1875? I wouldn't if I hadn't good evidence. I saw her a little more than a year ago in an irresistible farce called "On the Hiring Line," and she looked to be "fair, fat and forty," but no more. To talk of Tony Pastor sounds like ancient history in the theatrical world, and yet May Irwin's first New York appearance was in his theatre in 1877, the year when President Hayes was inaugurated. A lot of history has been made since then, and millions of people have had billions of pounds of care lifted from their shoulders by these Sunshine Specialists.

Come to think of it, Fred Stone is getting to be pretty much of a veteran Funopath himself. It seems a far cry back to those days twenty years ago when he was playing the part of the Scarecrow in "The Wizard of Oz," but when I saw him at the Globe Theatre last year, he was still bounding aerially like a rubber ball, walking slack wires, doing flip-flops, head spins and lasso stunts, and throwing his dancing partner over his head just as if he were a youngster of twenty-five—in fact, with rather more skill than any man of twenty-five ever seen in these parts. He is undoubtedly the most marvelous combination of acrobat and comedian that ever trod the stage.

Stone is said to be just as funny when he is pottering around his Long Island estate or hunting bears in Alaska as when he is before the footlights. Fellows who accompany him into the wilds write whole books about it and make a lot of money thereby. I should think that he would be a perfectly invincible hunter of such game as the mountain goat, for example. If the goat were poised in a niche near the top of a five thousand-foot cliff, Fred could simply skitter up the face of the cliff and seize him by the ear and lead him into captivity.

Then there is Jefferson de Angelis, who this winter played the part of Nish in the revival of "The Merry Widow." Jeff is a veteran, too, with a long line of successes

(Continued on page 62)

Getting Thin to Music

Everybody's Doing It

By WILLIAM R. DURGIN

Photograph of Miss Clark by Courtesy of the Keedy Studios

IT would be interesting to know how many of those numbered as subscribers to this magazine are keeping down to pleasing proportions via the phonograph. Almost everybody has heard of Wallace, the physical director who makes men and women thin to music, and literally thousands have reduced to normal weight by this novel means. To one whose success depends on personal appearance, Wallace records are particularly a blessing. But for that matter, who is there—in any walk of life—to whom a bulky body is not a burden?

If you really want to reduce, *you can*. Walks in the park will not do it; starving the system is futile; but Wallace *can* and *will* reduce you—no matter what your present weight. He has reduced scores of women as much as fifty pounds. He has a thousand letters from those who have lost twenty and thirty pounds by his method. Reducing ten or fifteen pounds is *nothing*—his first record frequently does that.



Photograph Copyright 1921



Pretty Beulah Clark Contemplating First Reducing Record by which Excess Flesh is Played Off by Pounds—in the Circle Below is Wallace, Originator of the Method.



To prove how easy it is to get thin to music, Wallace sends his first lessons without payment of any kind. You'll lose five pounds in five days—see if you don't. Unless you are absolutely astonished at results, there is no obligation to pay a penny, or to go any further with the course. How can anybody who really wishes for normal weight and proportions decline to try such an interesting and well-proven means of reducing? Clip and mail coupon today! Accepting this free demonstration lesson does not obligate you in the least; all Wallace asks is to try it! Caution: Close on the heels of Wallace's success come the inevitable imitators, crying "Me, too!" It is easier to imitate the Wallace method than to duplicate its results.

WALLACE, 630 S. Wabash Avenue, Chicago: Please send record for first reducing lesson, free and prepaid. I will either enroll or mail back your record at end of five-day trial.

Name _____ (Please indicate Mr. Mrs. or Miss) (58)

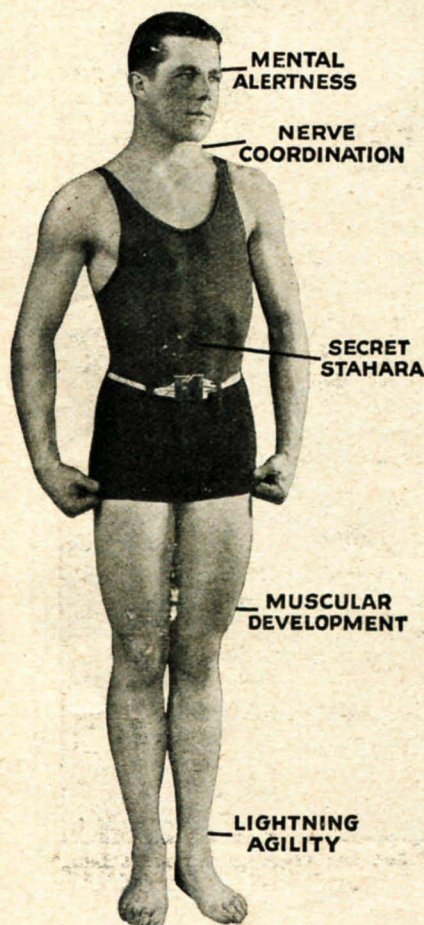
Address _____



New Oriental Discovery Develops Amazing Mental And Physical Powers!

Now available to the general public—a wonderful new system of development brought from the Far East and perfected by one of our United States Army Officers—a system that builds up all the muscles of the

body, that quickens the mind and steadies the nerves, that develops self-confidence, courage and poise and is in itself a most enjoyable sport!



READ!

Since Capt. Smith's method of development has been extended to civilians hundreds who have tried it have written to him, enthusiastically endorsing it—high government officials, famous athletes, prominent educators, business and professional men from all over the country. Here is a typical letter received from C. D. Chamberlain of San Antonio, Texas:

"Have finished my tenth lesson and have gained 7 pounds in two weeks. Have never had an appetite like this before or felt so full of pep." The use of the Stahara is certainly wonderful."

Astonishing Success In Army

Capt. Allan Smith, an officer in charge of army physical training during the War, had spent 10 years in the Far East studying oriental physical training methods. When he returned, he introduced into our Army what proved to be the most interesting, best liked and most effective method of calisthenics ever tried. What success it had may be imagined from this letter written to Capt. Smith by a high army official:

"Your system of training excels any that I have ever taken. It is a clean, fascinating sport, training not only the muscles but also the nerves and the brain. It has a great interest and lacks the monotony frequently present in other forms of exercise. I found that the men enjoyed it immensely and practiced among themselves out of hours. It gives them self-confidence and is an extremely valuable addition to training both for military and civil life."

World's Most Effective Defense

Capt. Smith's system of development, centering around his own discovery of the Secret Stahara, is also an unfailing means of defense. It is filled with Jujitsu tricks, many of which were never before known outside of Japan. These holds give you instant mastery over bigger and even stronger men. A woman equipped with this training can easily protect herself against any emergency. All tricks as taught by Capt. Smith in his lessons, not only can be practiced without the slightest inconvenience or danger but actually make up an exciting pleasant sport.

This wonderful training is today being used with great success in prominent boys' schools as a sport and body-builder, by police units of our larger cities as the best method of self-defense, and by thousands and thousands of men and women as a pleasant and effective way of keeping fit.

Examine It—FREE!

Send no money! Merely mail the attached coupon and the entire course of training will be sent you. Look it over. Learn about the great Secret Stahara—the source of Oriental power. Try some of the Jujitsu tricks on your husky friends. Keep it for 5 days and note how much better you feel after using this system. Then, if you find it is just what you need, send only \$5 in full payment and the entire course is yours. Otherwise send it back and you are under no further obligation. See for yourself—without cost! Mail the coupon today!

Stahara Publishing Company
14 Exchange Bldg. Columbus, Ga.

Stahara Publishing Company
14 Exchange Bldg.,
Columbus, Ga.

Please send me Capt. Smith's Complete Course in seven books and 57 illustrated lessons. Within five days after receipt, I agree to either send them back or send \$5 in full payment.

Name

Address

(Continued from page 60)

behind him, running back to the season when he, as a very youthful comedian, crossed Kansas going toward the Coast with a little wagon show during one of those terrible "grasshopper years" of the '70's, when the devastating hordes of the 'hoppers ate every green thing from the face of the earth. It may be fancied that the citizens had little money so spend on shows that year.

It is a matter of record that there are people who make long railroad journeys to New York with one great idea uppermost in their minds—namely, that they are going to see Al Jo'son in his latest show or Raymond Hitchcock leading the caste in "the Follies." Ed Wynn, too, must not be forgotten—a comedian unique in funning and in his exhibition methods; for year after year he heads a vaudeville company of his own and people jam his houses at every performance. Sometimes his production is known merely as "Ed Wynn's Show"; that's enough.

What would the world do without comedians? We could no more dispense with them than with dentists or grocers. True, some few folks get along without them, but so do others get along without dentists, and look what happens to them! Why, even the Church, which used to frown upon the Stage as an agency of Satan, has discovered that the play has its uses. One of my best friends is a minister—as fine a character as I have ever known—and he and his wife and I have many a merry little theatre party together. He agrees with Dick Steele that "Laughter is very nearly related to the highest and most instructive wisdom."

I was much encouraged when I discovered that remark of Steele's several years ago, for when I was a child I loved to read Bill Nye and Bob Burdette and "M. Quad," and "Josh Billings" so much that my parents began to fear that I would never have any serious thoughts. But I had some very distinguished examples. I have always liked to think of Lincoln's keen enjoyment of a joke, and how he eased his terrible burdens by reading Artemus Ward and Petroleum V. Nasby and Orpheus C. Kerr. He remarked once that he wished he could get that fellow Nasby to come down and handle his job for a while; and sometimes he even took a volume of Ward or Nasby to the Cabinet table and read a chapter to the assembled dignitaries—much to the disgust of such solemn owls as Chase and Stanton, who could not conceive of humor as having any place in statecraft or government; and indeed, when we read the treaties and state papers of centuries past, it becomes painfully evident that the writers of most of them had no sense of humor whatever.

The skill of a comedian may be the highest of art, too. I am not ashamed of the fact that I have missed few of Charlie Chaplin's films since he first began acting

(Continued on page 64)

If You Were Dying Tonight *and I*

offered you something that would give you ten years more to live, would you take it? You'd grab it.

Well fellows, I've got it, but don't wait till you're dying or it won't do you a bit of good. It will then be too late. Right now is the time. To-morrow, or any day some disease will get you and if you have not equipped yourself to fight it off, you're gone. I don't claim to cure disease. I am not a medical doctor, but I'll put you in such condition that the doctor will starve to death waiting for you to take sick. Can you imagine a mosquito trying to bite a brick wall? A fine chance!

A Re-Built Man

I like to get the weak ones. I delight in getting hold of a man who has been turned down as hopeless by others. It's easy enough to finish a task that's more than half done. But give me the weak, sickly chap and watch him grow strong. That's what I like. It's fun to me because I know I can do it and I like to give the other fellow the laugh. I don't just give you a veneer of muscle that looks good to others. I work on you both inside and out. I not only put big, massive arms and legs on you, but I build up those inner muscles that surround your vital organs. The kind that give you real pep and energy, the kind that fire you with ambition and the courage to tackle anything set before you.

All I Ask is 90 Days

Who says it takes years to get in shape? Show me the man who makes any such claims and I'll make him eat his words. I'll put one full inch on your arm in just 30 days. Yes, and two full inches on your chest in the same length of time. Meanwhile, I'm putting life and pep into your old back-bone. And from then on, just watch 'em grow. At the end of thirty days you won't know yourself. You're whole body will take on an entirely different appearance. But you've only started. Now comes the real works. I've only built my foundation. I want just 60 days more (90 in all) and you'll make those friends of yours that think they're strong look like something the cat dragged in.

A Real Man

When I'm through with you, you're a real man. The kind that can prove it. You will be able to do things that you had thought impossible. And the beauty of it is you keep on going. Your deep full chest breathes in rich pure air stimulating your blood and making you just bubble over with vim and vitality. Your huge, square shoulders and your massive muscular arms have that craving for the exercise of a regular he man. You have the flash to your eye and the pep to your step that will make you admired and sought after in both the business and social world.

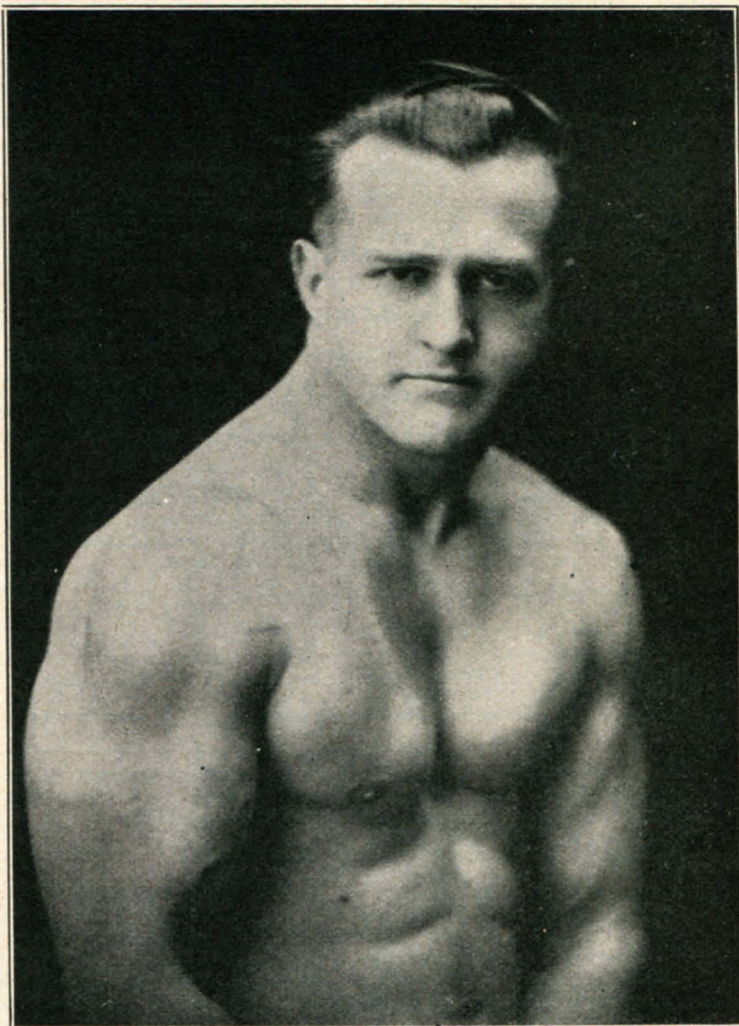
This is no idle prattle, fellows. If you doubt me, make me prove it. Go ahead. I like it. I have already done this for thousands of others and my records are unchallenged. What I have done for them, I will do for you. Come then, for time flies and every day counts. Let this very day be the beginning of new life to you.

EARLE E. LIEDERMAN

Dept. 65

305 BROADWAY

NEW YORK



Latest photograph of
EARLE E. LIEDERMAN
Taken February, 1922

SEND FOR MY BOOK—

"MUSCULAR DEVELOPMENT"

It is chock full of large size photographs of both myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red blooded man. I could easily collect a big price for a book of this kind just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his—*absolutely free*. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. I want you to have it. So it's yours to keep. Now don't delay one minute—This may be the turning point in your life today. So tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN

Dept. 65, 305 Broadway, New York City

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." Please write or print plainly.

Name.....

Address.....

City.....State.....

Why People Die Too Young

Men and woman, apparently in good health, die years before their allotted time of diseases which in the early stages show no evidence of trouble.

You may look well—feel well and have all the evidence of health, yet be far from actual health. Some of the worst wasting diseases show no outward sign of their ravages until it is too late to halt them.

A thorough chemical and microscopical examination of the urine is the most single efficient test known to science in determining the health of the human body.

Until the founding of the National Bureau of Analysis, a convenient system of furnishing this timely information was not available.

ANSWERS TO INQUIRIES

continually received by the Bureau are here given that you may see at a glance the practical value of such a service in this country, where, in the words of the eminent surgeon, Dr. Senn, "Bright's disease and diabetes are claiming, annually, thousands of our best people in the prime of life."

Question.—What is the National Bureau of Analysis?

Answer.—It is an incorporated Association that keeps its busy subscribers intelligently informed, through urinalysis, of the exact condition of those most delicate and yet most overworked organs of the body—the liver and kidneys.

Q.—How is it possible to make these examinations without trouble to the subscriber?

A.—Every three months a mailing bottle, carefully sterilized, is sent to each subscriber, **already stamped and addressed** for return to the Bureau's laboratory. The subscriber simply furnishes the specimen, removes the outside wrapper, and remails it. The Bureau does the rest.

Q.—What report is made to the subscriber?

A.—Upon return of the specimen it is subjected to a most careful chemical and microscopical analysis and a report showing the findings in twenty-five divisions of urinalysis is returned promptly, in a sealed envelope marked "Personal."

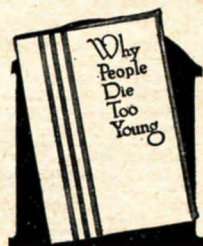
Q.—How do the subscribers know the meaning of their reports?

A.—Each report is written so the layman can readily understand it and is further explained by the Medical Director's remarks and by our copyrighted "Key" attached to the report. Our key tells what each of the twenty-five divisions of urinalysis means in normal and abnormal conditions.

Q.—How do your examinations differ from others?

A.—For over twelve years we have made a specialty of urinalysis, so do not confuse our laboratory reports with the ordinary urinalysis covering but a few conditions in a report that has to be explained to you. Did you ever receive one that showed and explained the relation to your health of Indican; Acetone; Diacetic Acid; Pus Cells and Leucocytes; Casts and Crystals; Specific Gravity; Alkaline reaction; Urates and Sulphates; Mucus and Phosphates; Blood Cells; Cylindroids and Epithelial Cells; or Bile and Urea, the latter the most important waste product of the urine?

Did you ever receive a laboratory report that carefully explained to you when an abnormal condition found is but temporary or when albumin appears from causes other than kidney disease; or how life may be lengthened by control of diabetic conditions?



Get Our Free Booklet

"Why People Die Too Young" is an interesting little booklet full of vitally important facts that you should know. It tells you how for less than five cents a day you can keep your physical and mental machinery in the best possible working condition and possibly add many years to your life. Send for this booklet today. It places you under no obligation.

NATIONAL BUREAU OF ANALYSIS

Dept. P. C. 422

Republic Bldg., Chicago
Frank G. Soule, President and Founder

You may send me, without obligation, your booklet, "Why People Die Too Young," together with your four minutes a year plan for better health and longer life.

Name.....

Street No.....

City..... State.....

(Continued from page 62)

for the screen, and have always maintained that he is a great actor. Many of my friends who prided themselves on being rather a notch above that sort of thing used to remark that they couldn't imagine what anyone saw to interest him in the antics of that vulgar little beast. A critic remarked five or six years ago that "clowning such as Charlie Chaplin's cannot appeal to any other than a low order of intellect; which," he added, "is probably why I laugh my head off every time I see one of his films." To-day, even staid and conservative critics declare that Chaplin is the greatest artist of the screen and one of the greatest of living actors. How I love to hurl this dictum into the teeth of my scoffing friends of yesteryear!

Chaplin is living proof of the fact that a man can be a superlative artist and still make his fellow humans laugh. David Warfield is another who plays upon human emotions as few others have done in dramatic history. With the ability to melt his audiences to tears as he wills, he yet does not disclaim to make them laugh with the heartiness of schoolchildren.

There must be some sort of uncanny skill lurking in the composition of even such a newcomer in the field of comedy as Harold Lloyd, for without the spoken word, without the aid of an overgrown paunch or a funny face or funny feet or even a comic costume or any make-up whatever save a pair of big, horn-rimmed spectacles, he achieves some of the most diverting foolery that any of us have ever laughed at.

Even supposing we do laugh sometimes at comedy which is not the highest of art—what of it? Heywood Broun, one of the leading dramatic critics and book reviewers of New York, suspected by many of being a highbrow, confesses to a liking for low comedy, such as burlesque and vaudeville afford. "I have never," says he, "been able to steel myself against the moment when the comedian steps up behind the stout lady and slaps her resoundingly between the shoulder blades." Somehow, Heywood's words set a chord vibrating in my own soul.

Booze propagandists were very busy recently spreading the statement of a rather obscure actor, that since Prohibition came, America has forgotten to laugh. He said that where New York audiences used to be always poised and ready to explode at a joke, now comedians have to work themselves half to death to get even a dry grin.

Well, I admit that a lot of comedians used to get away with alleged humor which nobody but a half-soused man would laugh at—which is probably what is worrying the above-mentioned would-be funny man.

But look up the records or go to see any good comedy, and you will find that people are still chortling over real humor. Since the Eighteenth Amendment was

(Continued on page 66)

Electricity vs. Drugs?

The story of a remarkable new electrical invention that may affect profoundly the practice of medicine.

EVERYONE is familiar with the tingling sensation that electricity gives. This sensation seems to make us aware of the innermost parts of the body. The electricity actually seems to penetrate to every part of us. It is as if we were being suffused with something vivifying, powerful and strong.

Well, we are being suffused with something. Electricity is a form of energy like light and heat; it is an elemental "force." It does instantaneously flow through every cell and tissue of the body. That is proved by the fact that if we hold the hands of another person, and complete a circuit, the electricity flows through us into them, and they feel the same sensation.

What is the effect of this strange and powerful force on the cells and tissues of the body? Is it beneficial, or harmful? Should we shun it, or welcome it?

What specialists say

By all means welcome it—that is the careful and considered verdict of many of the most eminent physicians in the world. For lack of space, only a few of these authorities are quoted here, but these quotations could be elaborated by a whole library of evidence.

Indeed there is no fact more soundly established in medical science today than this: *That electricity is a really remarkable curative agent for a great variety of physiological disorders.* There is not a well appointed hospital in the world that has not got an electro-therapeutic laboratory, and a corps of specialists treating illness and suffering with no other means than—electricity.

There is only one reason, probably, why every general practitioner has not depended more upon electricity—because heretofore it has required expensive apparatus. It is for the same reason that laymen themselves have not been taught to rely upon electricity,—for relief from those common ailments, and simple pains, that do not necessitate the advice of a physician for treatment.

Is this the next step in medicine?

But recently—as the result of a remarkably compact little invention, called the Wonder Electric Generator—this condition is no longer true, and it is highly probable that the day is here when, as Dr. Hutchinson predicted, every physician will carry electricity around with him just as he carries a hyperdermic syringe today.

And it is also highly probable that the old family medicine-chest—with its drugs for rheumatism and sciatica, its headache compounds, its constipation cures, its hair tonics and complexion creams, etc.—will be, in large part, replaced with this extraordinary electrical invention.

There is no space to describe in any detail how this invention works, and all that it does. This much, however, can at least be told about it:

First, it is held in the hand like a brush (it is no heavier than a brush) and it actually generates its own electricity by a mere pressure of the thumb.

Second, it will continue generating electricity in this way for years, and this electricity costs nothing; there are no wires, no batteries, no motors, no connections.

Third, it is so simple that a child of six can actually give treatments with it, and it is absolutely "fool-proof." It is not a shocking machine; the amount of current supplied by it can be regulated at will; but at its strongest this current is of such a character that it would not harm a six-months-old-baby.

These statements may seem incredible, but they are quite true. It is just because they are true indeed that this invention is so revolutionary. Tens of thousands of these Generators are already in use in Europe, and many thousands have recently been distributed in this country. In other words, this device has received the endorsement not only of the specialists but of innumerable sufferers, who have been assisted by it.

What a few medical authorities say about Electricity

There is only space here for a few quotations from established authorities, but they are certainly enough to convince the most incredulous.

"The day will come, I believe, when every practitioner will use some form of electricity as cheaply, surely and familiarly as he does his hyperdermic syringe."—Dr. Wm. F. Hutchinson, in "The Present Status of Electricity in Medicine."

"The benefits obtained from the use of electricity in many forms of neuralgia are so decided and so evident that even the most pronounced opponent of therapeutic value of electricity cannot avoid seeing and acknowledging them. No suggestive method of treatment can in any way equal the anti-neuralgic value of electricity."—Dr. Geo. W. Jacoby, ex-President of the New York Neurological Society.

"We believe it is a conservative statement that there is scarcely a condition of disease but that electricity may be used in some form, either as an adjunct or a remedy."—Dr. C. S. Neiswanger, in "Electro-Therapeutical Practice."

"It is found to relieve all sorts of pains, and to add tone to the system, and improve nutrition after ordinary sedatives or tonics have failed. Electricity can be applied locally better than almost any other remedy. Drs. Beard and Rockwell, in "Medical and Surgical Electricity."

How electricity benefits the body

Here are a few of the many complaints for which the Wonder Electric Generator has been used successfully:

**For the pains of rheumatism, sciatica and allied disorders,
For treatment of the hair and scalp,
For headaches, neuralgia, and similar pains,
For troubles of the skin and complexion,
For insomnia, nervousness, hysteria and any nervous trouble,
For persistent constipation and attendant ailments,
For toning-up the whole system,
For soreness or sprains in any part of the body.**

That the Wonder Electric Generator is highly successful in treating such a variety of troubles is not marvellous. For, remember, it is *electricity* that is remedying and curing these complaints; the Generator merely supplies the electricity in such a convenient, simple way that any layman can make use of it. Exactly how the electricity "drives away pain" and has such beneficial effects on the body is not altogether understood, even by scientists.

But the latest theory is that it induces a "cellular massage;" that it provides an "involuntary exercise" to the muscular and nervous tissues. That is, it puts the body back into a normal condition, and keeps it normal.

Sent on 30 days' trial

Anyone who is suffering from one of the complaints mentioned above owes it to himself to procure full details about this remarkable new development in medical science. A very interesting book has been written about it, called "The Story of the Wonder Electric Generator." This book can be obtained upon request. One need not feel any obligation in sending for it—least of all an obligation to purchase a Generator. In fact, this device is so remarkable that the American Distributors are selling it on very unusual terms.

The purchaser actually has the privilege of using it for thirty days, of trying it for any ailment, of asking his physician or any specialist whether it is not worth the nominal charge made for it. And all this without risking any money.

Full details about this 30-Day trial offer, and about the Generator itself, will gladly be sent to anyone upon request. Simply write us or drop a card.

McKinlay, Stone & Mackenzie Sole American Distributors
Dept. 24, 30 Irving Place New York City

McKinlay, Stone & Mackenzie (Sole American Distributors)
Dept. 24, 30 Irving Place, N. Y.

Kindly send me free your illustrated book describing electrical treatments at home for various disorders by means of the Wonder Electric Generator. Also send particulars of your 30 days' trial.

Name.....

Address.....

Fortunes Going Begging

Photoplay producers ready to pay big sums for stories but can't get them. One big corporation offers a novel test which is open to anyone without charge. Send for the Van Loan Questionnaire and test yourself in your own home.

A SHORT time ago a Montana housewife received a handsome check for a motion picture scenario. Six months before she had never had the remotest idea of writing for the screen. She did not seek the opportunity. It was thrust on her. She was literally hunted out by a photoplay corporation which is combing the country for men and women with story-telling ability.

This single incident gives some idea of the desperate situation of the motion picture companies. With millions of capital to work with; with magnificent mechanical equipment, the industry is in danger of complete paralysis because the public demands better stories—and the number of people who can write those stories are only a handful. It is no longer a case of inviting new writers; the motion picture industry is literally reaching out in every direction. It offers to every intelligent man and woman—to you—the home test which revealed unsuspected talent in this Montana housewife. And it has a fortune to give you if you succeed.

Send for the Free Van Loan Questionnaire

H. H. Van Loan, the celebrated photoplaywright, is responsible for the invention of the novel questionnaire which has uncovered hidden photodramatists in all walks of life. With Malcolm McLean, formerly Professor of short story writing at Northwestern University, he hit the happy idea of adapting the tests which were used in the United States Army, and applying them to this search for story-telling ability.

The results have been phenomenal. In the recent J. Parker Read, Jr., competition all three prizes amounting to \$5,000 were awarded to students of the Palmer Photoplay Corporation, which is conducting this search by means of the Van Loan Questionnaire.

The experiment has gone far enough to prove conclusively (1) that many people who do not at all suspect their ability can write scenarios; and that (2) this free questionnaire does prove to the man or

woman who sends for it whether he or she has ability enough to warrant development.

An evening with this novel device for self-examination is highly fascinating as well as useful. It is a simple test applied in your own home. Its record is held confidential by the Corporation.

The Palmer Photoplay Corporation offers you this free test because

Scores of Screen Stories are needed by producers

Scores of good stories could be sold at once, if they were available. The Palmer Photo-

play Corporation exists first of all to sell photo-plays to producers. Its Educational Department was organized for one purpose and one only—to develop screen writers whose stories it can sell.

Look over the list of leaders in the motion picture industry who form its advisory council. These leaders realize (1) that the future of the screen drama is absolutely dependent upon the discovery and training of new writers. They realize (2) that writing ability and story telling ability are two entirely different gifts. Only a few can write; many can tell a story, and, with training, can tell it in scenario form. The Palmer Photoplay Corporation is finding these story tellers in homes and offices all over the land.

You are invited to try; clip the coupon

The whole purpose of this advertisement is to invite readers of PHYSICAL CULTURE to take the Van Loan Questionnaire test. If you have read this page up to this point, your interest is sufficient to warrant addressing the invitation to you directly. In all sincerity, and with the interests of the motion picture industry at heart, the Palmer Photoplay Corporation extends you its cordial invitation to try. Who can tell what the reward may be in your case?

For your convenience the coupon is printed on this page. The questionnaire is free and your request for it incurs no obligation on your part.

THESE are the leaders behind the search for screen writing talent. They form the Advisory Photoplay Corporation.

Thomas H. Ince
Thomas H. Ince Studios

Frank E. Woods
Chief Supervising Director
Famous Players-Lasky Corp.

Rex Ingram
Director of "The Four Horsemen of the Apocalypse"

C. Gardner Sullivan
Author and Producer

Allan Dwan
Allan Dwan Productions

Lois Weber
Lois Weber Productions, Inc.

Rob Wagner
Author and Screen Authority

James R. Quirk
Editor and Publisher,
Photoplay Magazine

(Continued from page 64)
passed, "Lightnin'" has broken all records with a run of three solid years in New York; and I believe that good old Frank Bacon could have gone on three years longer, telling the story of how he drove a swarm of bees across the Plains in early days and never lost a bee. Since the Amendment, also, "Irene," a musical comedy, ran over two years in New York and fully as long in other places and made a fortune for its backers; "Sally," a musical comedy and "The First Year," a farcical little sketch of home life, are both well into their second year; and every winter people are still laughing themselves weak at Stone and Jolson and Wynn and Hitchcock.

No, don't you believe that stuff about folks forgetting how to laugh! And don't be upset by these heavy thinkers who sit around with furrowed brows and shoulders all hunkered over with gloom—the H. G. Wells crowd, for example—and tell you that the world is seething with unrest and borne down by injustice and all wrong generally—America being the worst of all—and want you to quit your work and help them worry about it. I like the fine philosophy behind one of the first pictures that Douglas Fairbanks made when he went into the films. It was called "The Habit of Happiness." The central figure was a young optimist to whom laughter was life itself. He conceived the noble idea of establishing a sort of school where he could teach laughter to those who had forgotten the art. Where they ever scraped up so many bleak, discouraged, acidulated, irascible and churlish-looking old men for a cast, it is hard to say; but there they were, lined up around the walls of a room, with Doug in the center, fairly radiating that infectious mirth of his, and inducing them to guffaw in chorus with him. It was a rare treat to see the sunshine gradually break through those wan and hard old countenances.

The young mirth-master of this story was out walking with his sweetheart one day, when down in a factory district they chanced upon a neighborhood row between two factions which were just about coming to blows. Doug got up and made a speech in which he told a story which practically ruined the riot, as everybody got to laughing so heartily that they forgot what they were mad about. This picture was made soon after the beginning of the recent war; and when the apostle of happiness rejoined his fiancée, he said, "I wish I could tell that story to the Kaiser and King George; I'll bet it would stop the war!" He was expressing the same thought that Horace had written down eighteen hundred years before, that "a joke often settles things more thoroughly and better than acrimony."

Heaven help us, if, like some of our modern Young Intellectuals, we become so wearied with carrying the weight of all the world's troubles on our shoulders

(Continued on page 68)

**PALMER PHOTOPLAY Corporation, Department of Education, PC-4-22
124 West 4th St., Los Angeles, Cal.**



PLEASE send me without cost or obligation on my part, your questionnaire. I will answer the questions in it and return it to you for analysis. If I pass the test, I am to receive further information about your Course and Service.

NAME

ADDRESS



Science the Real Beautifier

THIS is not an advertisement for a beauty book or complexion cream. It is the story of how Alice Roberts, with the aid of Olympian society, is telling the world a beauty secret that has been kept too long.

A perfect complexion can be *forced*. A satiny skin with a full glow of natural color can be achieved in only three weeks! By *chemistry of the body*.

This scientific principle takes on the average, only twenty days to transform the most sluggish skin to one of positive beauty. By actual tests, it has restored normal action to duldest skins in forty-eight hours! Some women have always known and used the method. But through the activities of the Olympian society, the knowledge should very soon become general.

Under Miss Roberts' direction, the method has been put into a simple, practical course, with everything needed, complete instructions on what to do each day of the three weeks.

A woman in Hollywood, California, who is in the "movies" has said that this secret brought her the skin of a babe in a little over three weeks; that "close-ups" of the camera no longer held terrors for her. She afterward found over a dozen girls around the studios who had known and used the same principle to secure their splendid complexions.

The plan is in such easily secured and readily understood form that it is a pity for anyone not to know and use this certain way to build beauty of skin texture and color. Blemishes of years' standing fairly melt away under it. As for

black-heads and pimples—the second or third day sees them diminished. All without drugs or doping!

The whole three weeks course in one, compact box, is being distributed now. No money need be sent. Just pay the postman \$2.50 on delivery. Unless delighted

with results the society will return your money! For the price of a single "beauty treatment," the effect of which lasts at best but a few hours, women are offered a real and lasting transformation of skin and complexion! Tear the coupon out *now*.

To Readers:

This issue of PHYSICAL CULTURE contains no more important message than you will read on this page. To women of practical mind—those who realize that a beautiful complexion is not to be won by use of sweetly scented soaps or pretty-packaged preparations—is offered a scientific and sure means of securing a really beautiful skin. *It works!*

ALICE ROBERTS C/O OLYMPIAN SOCIETY
Calumet at 21st St., Chicago, Ill.

(211)

Send in plain package complete course revealing the means of securing absolutely perfect complexion in three weeks. I will pay postman \$2.50 only in full payment. My money to be returned if I am not astonished and delighted with results.

Name

Address

Are You a Slave of Fear Doubt Worry Anxiety?

Are YOU handicapped by personal dissatisfaction, lack of confidence, self-depreciation, pessimism and faulty will-power? If so, you are headed straight down the toboggan slide to failure. If you are bound with the shackles of repressed desires and submerged sex instincts you are doomed to everlasting misery and despair. For no man or woman who is the victim of hidden fears and repressed desires can accomplish the things worth while that come only from a vigorous body and healthy mind.

Shake Off Your Chains And Be Free!

But why not shake off the chains of fear?—destroy the demon of doubt?—banish the disease of worry and strangle the monster of anxiety? It CAN be done! It MUST be done! And not until you DO it can you get back on the High Road to Health, Happiness and Success. For most of our troubles never happen and are purely a matter of "nerves." Nine cases of "ill health" and "mental inefficiency" out of ten are due to **Disjointed Thinking, Misconception, Emotional Conflict and Buried Memories.**

A Discovery That Startled the World

In 1882, Sigmund Freud, a Viennese psychologist, began a series of experiments that led to a startling discovery. He reported that out of hundreds of nervous cases, he was unable to find one whose illness was not directly traceable to the love life of the patient. People had been taught to ignore the relation of sex to human life and progress. But today the scientific world agrees with Freud's daring teachings and admits that his methods will free people from the obsessions of fear, worry, anxiety and doubt.

"Out-Witting Our Nerves"

These startling revelations of Psycho-Analysis have just been presented to the world in a most timely book — **"Out-Witting Our Nerves,"** by Dr. Josephine Jackson. This book will teach you how to think deeply and continuously without brain fag — to concentrate all your powers on the work in hand — to co-ordinate every impulse of your wonderful body and brain — to utilize every ounce of your physical and mental energy to best advantage. It is truly the one book for every man and woman, mother and father, social worker, student and teacher.

Special Combination Offer

For a short time only, to introduce our unusual list of scientific, educational and inspirational books, we are offering two \$3 books for \$5. By acting now you can get **"Out-Witting Our Nerves,"** by Dr. Jackson, and **"The High Road to Health,"** by Dr. Kelly, at the special price of \$5. 700 pages of timely, interesting and helpful information, handsomely cloth bound and sold on a money-back guarantee. Just mail the coupon today—NOW—and pay the postman when your books arrive.

THE PERSONALITY PRESS

Suite 134, 1974 Broadway, New York

The Personality Press

Suite 134, 1974 Broadway, New York

Send me prepaid copies of the books checked below:

- ☐ "Out-Witting Our Nerves"
☐ "The High Road to Health"

I will pay the postman (\$5 for both books)
(\$3 for one book)

(Check offer you desire)

on arrival. I may return the book or books within 5 days and have my money refunded if not satisfied.

Name.....

Street.....

City.....State.....

(Continued from page 66)

that we forget how to laugh! Half of the earth's griefs and dissonances could be settled offhand right now if the contending parties had any sense of humor. A few of our great American mirth specialists, sitting in at a peace conference, would be of more service than the most skilful negotiators in all statecraft. Humor is not only a great harmonizer, but a great teacher, a great clarifier.

Nothing brings together all sorts and conditions of men, high and low, like a laugh. Nothing clears the air and restores spontaneity like a laugh. It is good for society, but best of all for him who laughs. It clears away cobwebs and crusted passions and prejudices, and enables him to see straight and clearly. It relaxes his nerves and takes his mind off his symptoms.

Laughter is the only tonic and stimulant which has no back-fire or unpleasant after-effect—in the words of a well-known advertisement, "It doesn't leave that cigaretty after-taste in your mouth." It gives the diaphragm much-needed vibrations and exercises the lungs by pumping fresh air rapidly in and out. It pleasantly stimulates the stomach and stirs the liver. It loosens up tightening arteries and checks the progress of old age.

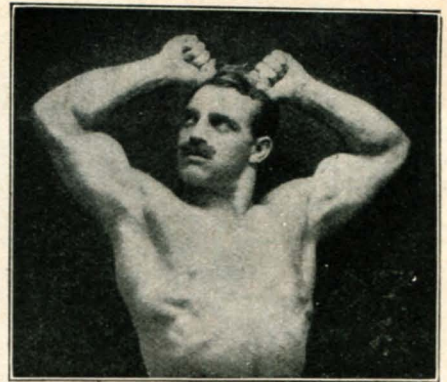
Can you take any pill, potion, plaster, douche, massage, inhalation, absent treatment or shot in the arm that will do as much for you all in one dose? You cannot! Then I must be correct when I insist that these eminent practitioners of the Funopathic school can give you much relief from what ails you.

If you can't get up an uproarious laugh at home, one that will shake the roof of your domicile, you'd better consult some of these specialists at regular intervals. And you needn't see the same one every time. There's nothing narrow or picayunish about the fun-makers; go around and see them all, and nobody will be offended. And when you go, take the whole family, if you have one; you will all be the better for it.

A laugh is one of the few medicines that are just as good for sound and healthy people as for sick ones.

"Physical Culture Week" in Your Town

If you wish to help to make May first to May eighth truly a *National Physical Culture Week*, you can avail yourself of the three greatest channels of influence in your town, the newspaper, the pulpit, and the school. Of course you may "Tell a friend about physical culture" during Physical Culture Week, but if you persuaded your editors, clergymen, and school superintendents to participate, you will enlarge your field of influence tremendously. Write and ask for suggestions in detail as to what you can do.



WHY

LET US waste
YOUR PRECIOUS time
IN READING things
THAT TELL a lot
OF ANCIENT bull
AND WHEN you're thro
YOU KNOW no more
THAN WHEN at first
YOU STARTED them.
I MAKE you strong.
AIN'T THAT enough?
IF YOU have doubts
SEND ME a dime
AND YOU will know
I TELL the truth—
FOR THIS small coin
WHICH PAYS the cost
OF SENDING book
I GIVE you thanks.
AND AFTER awhile
WHEN YOU'VE grown
strong
AND EVERY one
WHO PASSES by
LOOKS UP to you
AS ONE who is
A REAL live man
YOU'LL BLESS this day
AND IN your heart
YOU'LL THANK me too

ARTHUR L. HYSON

Langdon Bldg Dept. 40 New York, N. Y.

COUPON

ARTHUR L. HYSON, Dept. 40
Langdon Bldg, New York, N. Y.

Dear Sir: Without obligation on my part please send me a copy of your book, "PHYSICAL PERFECTION," for which I enclose 10 cents.

Name.....
(Please print or write your name plainly.)

Street.....

City.....State.....

How 10 Minutes' Fun Doubles My Business "Pep"

The Story of a Man Who Found the Secret of Adding to His Efficiency, Fun and Health—And Who Entertained Himself While Doing It

By J. A. Jackson

It is not so long ago that I used to catch myself envying Walter Kennedy, who came down to the office with the vigor and freshness of a boy—the man with a sparkle in his eye indicating health and a springy step that confirmed this indication. I used to watch him through the day and particularly in the afternoon, there appeared no letup in Kennedy's energy around three o'clock, the time when most people grow tired and weary and take on the "I'll-do-it-tomorrow" spirit. In maintaining that freshness and vigor at that time of the day he was defying every law of natural philosophy.

His Health Means Wealth

And he was getting ahead! His vigor and vitality, his mental and physical energy, were carrying him on past us! He was capitalizing health and "pep"—he was getting big returns from the physical sense of well-being. It was plain that he would soon be what the world calls a successful man.

Answers to business problems, which baffled the rest of us, came with surprising ease to Kennedy. I realized that he had gone forward mentally as well as physically. His energy apparently was invincible—no problem seemed too intricate or long—no work seemed too hard—the word "irksome" could be applied no longer to the most difficult and tedious "job" he undertook.

Keeping Fit to Music

One day when I could control my curiosity no longer, I drew him out on the subject of his inexhaustible "pep." He laughed as he said, "The splendid health and energy which I enjoy now and which I expect to have when I am in my nineties, is due to certain exercises combined with music. It is a method I learned of a few months ago when I was about as weakly, sickly, lackadaisical and nervous a chap as you'd meet in a month of Sundays. I was a wreck.

One day I sent for this new method—the "Daily Dozen" movements for keeping fit devised by Walter Camp the famous Athletic Coach and set to inspiring music that makes these movements as delightful as dancing.

New Life for the Vital Organs

Most exercises confine themselves to the exterior muscles only. These new movements

go still further. They develop, renew and strengthen the muscles on which life itself depends—the heart, the stomach, the lungs, the liver and the nerve centers. They make one feel like he can digest nails! They banish constipation and congestion. They send rich, red blood coursing all through

the body. They take off all superfluous, flabby flesh when one is fat. And yet they build up the underweight person. They soothe and strengthen the nervous system and give one a clear, alert keen brain that is proof against mental fatigue. Why I expect to live to be at least a hundred, for I've discovered the only real "Fountain of Youth," and I'll be a real man every day I am on this old earth.

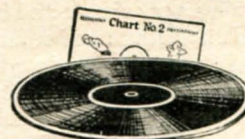
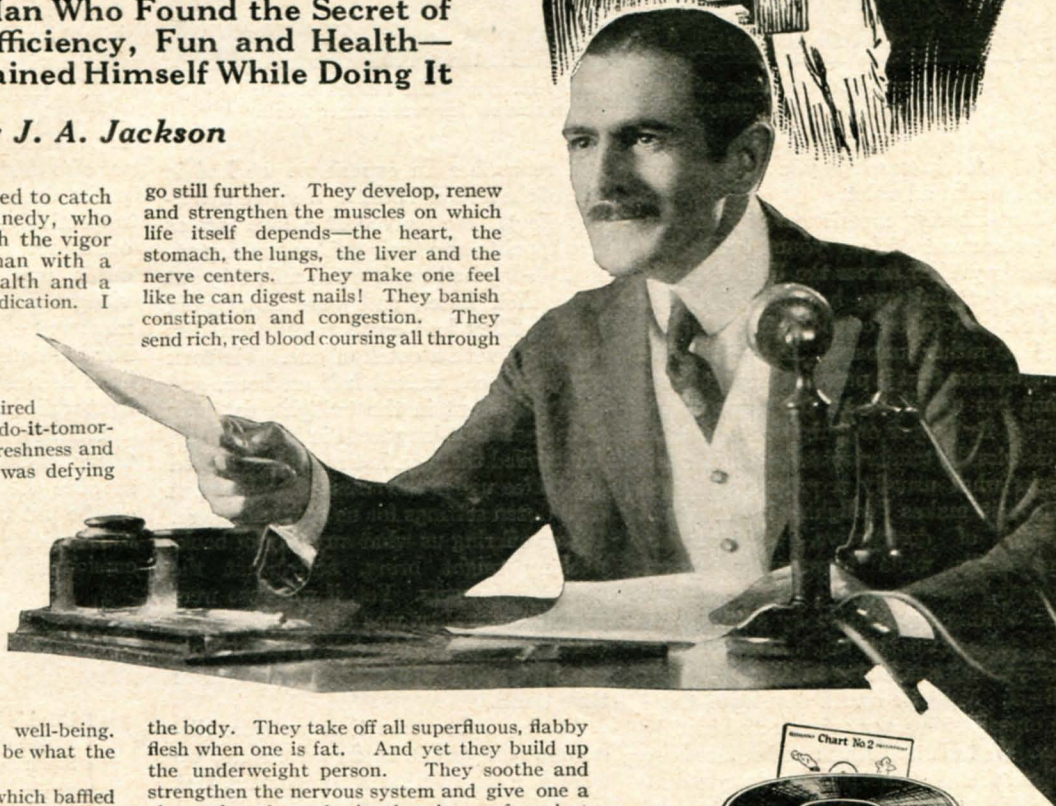
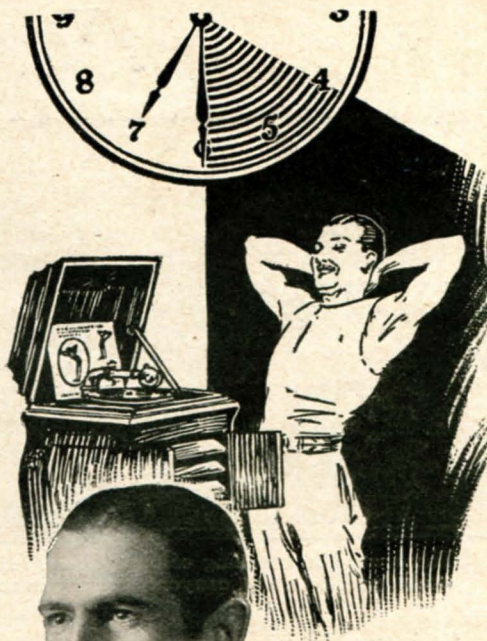
Strengthen your own muscles and vital organs through these wonderful "musical movements" my boy and you'll know the thrill and the power for enjoyment that comes from a healthy, tireless, virile body and splendid, indefatigable brain and muscle!

"What did I do? I did what any sane being would do with a recommendation like that—I sent off to the "Health Builders" for this method *that very day*. In a couple of days it arrived. Charts, instructions and 5 large double disc records—playable on any make of phonograph. I started in to use them at once.

A Wonderful Improvement

Before many days had gone by I was a new man. Everybody remarked it—My step was as springy as that of a champion runner. My eyes were brighter. My shoulders had lost their droop and were squared back. Problems that used to worry me were mastered without an effort—My muscles began to take on a "Corded" look and I forgot there was such a thing as "Three o'clock" mental fatigue or any other fatigue. Like Kennedy I felt I was going to live a hundred years—barring accidents—and that I will be a vigorous two-fisted he-man every day of my life.

J. A. Jackson.



Get This Record and Chart FREE

What Kennedy and Jackson accomplished you can do also. Prove this for yourself—FREE. We'll be glad to send you two of these marvelous, body-building, health-bringing movements set to music on a phonograph record (Playable on all phonographs). All you are asked to do is to send 25c which barely pays for postage and packing. See for yourself what a wonderful new feeling of vitality and energy and power is imparted by this wonderful system. See how fascinating it is. See how it clears out congestion, builds up the muscular system, strengthens the internal organs, soothes the nerves, promotes deep restful slumber and stimulates the brain. It's like some potent magical charm in its immediate effects. Sign the Coupon today! Health Builders, Dept. 24, Oyster Bay, N. Y.

HEALTH BUILDERS
Dept. 24, Oyster Bay, New York

Please send me your free sample "Health Builder" record, giving two of Walter Camp's famous "Daily Dozen" exercises, also a free chart containing actual photographs and simple directions for doing the exercises. I enclose a quarter (or 25 cents in stamps) for postage, packing, etc. This does not obligate me in any way and the sample record and chart are both mine to keep.

Name.....
(Please write plainly)

Address.....

Vacation by Adventure

(Continued from page 40)



There was the unrolling of one of the great mountain ranges of the world, peaks, forests, canyons, passing in review for week after week.

(4) A trip on which you are your own guide, cook and valet.

Remembering experiences of your own, or an account of four young ladies who recently walked across the United States, you may think you have heard of this before. On fuller consideration you will find it rather unusual. Its distinctive qualities are that it puts in compact shape what has usually been too large or too bulky. By proper organization and outfit it enables the tenderfoot to get from a few weeks what usually requires months to enjoy, it makes "roughing it" beneficial instead of destructive, and guarantees thrills while immunizing against dangers.

In writing of vacation by adventure I shall write of the two kinds I know best—backpacking and hiking with a single pack animal. My wife and I developed these for ourselves in a very simple and homely way. We took up with them because they offered the most inexpensive door to outdoor life, and because we were fond of walking. At first we made rather haphazard rambles. These led to discoveries and the recognition of what a vacation by adventure could be.

The first thing we discovered was that it was more interesting to lay out and complete a trip from point to point through a region of interesting character than it was merely to go wandering. We found that whether we were in New York or Montana or California there was always a possibility of planning such an enterprise. One could learn of a camping place and go and camp there, and this was fairly comfortable. But it was flat and unprofitable beside the prospect, for instance, of crossing an entire mountain range. The one place might or might not be likeable. The range showed us everything it had, and when we liked some spot particularly we could stop and enjoy it. We even discovered that it was easy to treat famous places in this way, and that it was heaven to hell as compared with the usual tourist method of doing them.

I remember an experience we had in one of the national parks. We were traveling afoot. We arrived at a lake just as two tourists and their guide were departing. They had made a ten mile trip out from their hotel, and were now going back. They had come to fish, and left disgusted with a catch of one. We took our packs off, waited half an hour, and then poled out in the twilight, catching twenty-six foot-long trout in half an hour. We broiled them on hot rocks and sipped our coffee under the stars. The lake put on a dozen settings for us as we sat there. It was offering us what any day of backpacking might bring, and what the tourist never gets. Yet, if what we were paying for reality was one hundred per cent., he was paying one thousand per cent. for what was essentially no more than tinsel.

At about the same time we were discovering the profit in an adventure, we were also discovering an important fact about the way to make one. We found that there was no sense in making a physical stunt of a day's journey. There was obviously little pleasure in spending one's few weeks of play in exhaustive

work. The way out was to be lazy. We had once tended to try fifteen, twenty, or even thirty-mile hikes. We now began to start a journey with seven or eight miles a day, and rarely did more than a dozen miles. This proved to be the key to successful trips. Why hikers should be continually engaged in trying to destroy themselves I do not know. But they are, and we had the vices of the tribe. Once we shook them, we found that "roughing it" became rather smooth. We could plunge into it while we were remarkably soft and find ourselves hardening in a few days without particular pain. "Measure is best in all things," runs the proverb. It is in a vacation by adventure.

Moderation in packs, we discovered, was as important as moderation in walking. When we undertook to be leisurely we also decided to go light. We cut our packs down to twelve and five pounds respectively. Among other things we omitted a hatchet and a frying pan. The outfit was successful, chiefly because villages were frequent and we could buy meat and canned goods from day to day. For wild places a backpack must be a little heavier, but it can be surprisingly light while being surprisingly comfortable.

It need not approach the twenty-five or thirty pounds to which most hikers sacrifice themselves. Here is one which can be put together at little expense and will indicate what is sufficient for excursions such as I am describing.

Backpack Outfit for Two Persons

| | Lbs. | Oz. |
|-------------------------------------|------|-----|
| 1 Double blanket..... | 4 | 00 |
| 1 Single cotton blanket..... | | 08 |
| 1 Square of oiled silk, 7 x 7..... | 1 | 08 |
| (covering for bed or tent for rain) | | |
| 2 Strips oiled silk, 3 x 6..... | 1 | 10 |
| 10 Blanket pins..... | | 04 |
| 30 Feet ¼ inch stout rope cord..... | | 04 |

Total..... 8 10

(Continued on page 72)



One may have an outfit that serves him, or one may serve an outfit. We were entirely comfortable with an equipment (given in detail in the story), all of which could be bought for less than fifty dollars.

Some Secrets About Voice Culture

Scientific Exercises That Make Vocal Athletes of Us All

By Wilfred Weston

The late Caruso was a vocal athlete. His Hyo-Glossus muscle was superbly developed. To some extent this was inherent—but the great Italian tenor had to work many years to develop that natural gift before he became the greatest singer of his time.

All great singers and speakers are vocal athletes to some extent. The singers whose voices are exquisite melodies, the speakers whose tones move us to great emotion—all possess highly developed vocal organs. They have this power because their Hyo-Glossus muscles—and every other part of their vocal mechanisms—function perfectly.

Your throat is exactly like theirs in construction. Where theirs is strong, yours is weak. That is the only difference. Develop your Hyo-Glossus and your voice becomes rich, pure and beautiful. Neglect it and that important muscle remains weak and undeveloped, and if you continue to sing or use your voice very much for speaking, the other muscles are strained and injured. In many cases, the voice is "lost."

If the muscles in your arm were weak, you would not attempt to strengthen them by lifting heavy weights. No, you would first strengthen them by exercises, that gradually became more strenuous as the muscle power increased. Whether it is throat muscles or arm muscles, the principle is the same. And yet many voice teachers advocate singing as a method of voice development. They are disregarding the fundamental truth of scientific voice control—that a good voice is the result, not the cause of a healthy vocal organ.

The logical way to develop the vocal organ is by simple exercises that teach control of the important muscles, and then develop those muscles until they are strong and healthy, and the voice is perfect. Even today, only a few teachers are using this scientific system. Most of them are in Europe and their training is so costly that the average ambitious student cannot attempt to study with them.

But in Chicago, there is a man whose father and grandfather before him, pioneered in the study of "vocal physiology." They are the men who discovered this fundamental theory of voice culture. This Chicago man, the third of a family of famous voice teachers, will

train your voice by this scientific system. He is Eugene Feuchtinger, A. M.

Professor Feuchtinger has given to the world the results of his forefather's genius. Training that was formerly available to only a few concert and grand opera stars of Europe is open now to every ambitious man and woman. Professor Feuchtinger's great contribution to music is his adoption of this system to home study. By his method a student may develop the voice right at home, and at a mere fraction of the cost of studio lessons.

Professor Feuchtinger's method is not a theory. It is solid, proven fact. Thousands of successful students in Europe and America give Professor Feuchtinger credit for their success. Great international opera singers are among his graduates—and speakers, famous the world over.

Professor Feuchtinger's system will develop any voice—it will cure vocal defects. You learn to control and develop the Hyo-Glossus by silent exercises. No one need know that you are studying. And in just a short time, you can surprise your friends by singing or reciting or addressing them in a wonderful, clear, rich voice. It seems like magic that such simple, delightful little exercises should bring about such a wonderful change. You watch yourself improve. You hear and see and feel the change. And then when you have completed your Course, if you are not satisfied that you have made 100% improvement (in your own opinion) your money will be refunded. You take no chances.

Most people do not know the possibilities of their own voices. You may be a potentially fine singer, but your voice is not rich or beautiful now be-

cause your Hyo-Glossus is undeveloped. You may have great thoughts, but cannot impress people because your voice is not strong or powerful. But you can improve your voice. You can sing or speak as you have always wanted to, if you train your voice by this scientific system. Let Professor Feuchtinger teach you just as he has taught hundreds of ambitious men and women.

Write to him today for his scientific booklet, "Enter Your World." It costs you nothing. There is no obligation. Address Perfect Voice Institute, 1922 Sunnyside Ave., Dept. 9724, Chicago.

PERFECT VOICE INSTITUTE

1922 Sunnyside Ave., Studio 9724, Chicago, Ill.

Dear Prof. Feuchtinger: Will you please send me a copy of your new book "Enter Your World"? I understand that this is free and that there is no obligation on my part. I am interested in

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice.

Name.....

Address.....

.....



The late Enrico Caruso, Italian tenor, who is believed to have had the greatest voice of our time. Scientists claim that the secret of his marvelous voice was the superb development of his Hyo-Glossus muscle. Below is a diagram of the complete vocal mechanism showing the Hyo-Glossus. In construction, your vocal organ is exactly like Caruso's. You, too, have a Hyo-Glossus muscle. Develop it. A good voice will be made better—a lost voice restored—stammering and stuttering overcome. Science will help you.



(Continued from page 70)

2. Camp Utensils.

| | Lbs. | Oz. |
|--|------|-----|
| 1 Hinged iron frypan..... | 1 | 00 |
| 1 Aluminum stewpot..... | | 06 |
| 1 Coffee pot..... | | 08 |
| 1 Dish towel | 12 | |
| 3 Teaspoons | | |
| 1 Tablespoon | | |
| 1 Wooden spoon | | |
| 1 Dish rag | 06 | |
| 2 Knives | | |
| 2 Forks | | |
| 1 Long fork | 08 | |
| 2 Plates..... | | |
| 3 Cups (aluminum)..... | | |
| 1 Stonebridge automatic folding lantern..... | 1 | 00 |
| Candles..... | | 06 |
| Fish tackle (without pole).... | | 06 |
| Total..... | 5 | 04 |

3. Personal.

| | Lbs. | Oz. |
|---|------|-----|
| 2 Light sweaters..... | 2 | 00 |
| 1 Extra suit summer underwear per person | 3 | 00 |
| 2 Extra handkerchiefs per person | | |
| 2 Extra pair socks per person | | |
| 1 Light bath towel per person | | |
| Safety match case | 1 | 04 |
| Tooth brushes, tooth paste, shaving outfit, soap..... | | |
| Extra shoe laces..... | | 02 |
| Paper for notes, maps, book.... | 1 | 00 |
| Medicine and sewing kit..... | 1 | 00 |
| Total..... | 8 | 08 |

4. Permanent Food Supply.

| | Lbs. | Oz. |
|------------------|------|-----|
| Sugar..... | 2 | 00 |
| Bacon..... | 1 | 00 |
| Salt..... | | 04 |
| Pepper..... | | 01 |
| Coffee..... | 1 | 00 |
| Tea..... | | 02 |
| Chocolate..... | | 08 |
| Total..... | 4 | 15 |
| Grand total..... | 27 | 05 |

This outfit, of course, is adapted to a country where the food supply can be renewed at least every four days. For a wilder route I urge a pack animal. The outfit can be considerably amplified, as I will show later.

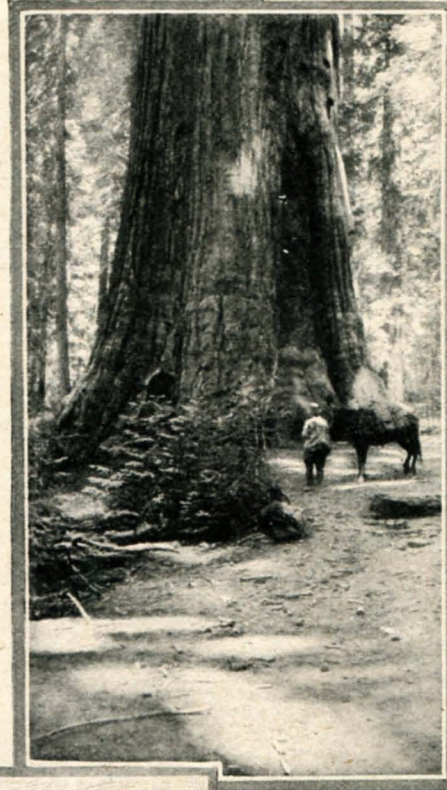
But whether you carry your own load or get a horse or burro to carry it for you, the result of the trip upon you will be much the same. This, after all, is the important thing to consider. What will a vacation by adventure do for you? Let me give you an example and an explanation.

The year before the entrance of the United States into the war I had been working very hard and nervously. When the call for Plattsburg volunteers came I was six pounds under weight and was rejected. I wanted to make up this missing poundage, and decided that the best way to do it was to start in at the bottom—by putting my body in the best possible condition—and work up. The entire process consumed less than a month. It began with a backpack trip of eight days, and finished with several weeks at a farm house. I came back weighing fifteen pounds more than when I started.

Now I could never have got this weight—representing a return to normal—in so short a time with-

out beginning with an eight days hike. At least I had never been able to do so. The results—surprising even to me—followed from some very natural causes associated with a vacation by adventure. Let me explain them.

In the first place, there is the matter of fresh air and exercise. That is guaranteed, just as it was for the king who batted a ball about in his garden under the im-



pression that he was pounding a mysterious healing medicine from it. Walking ten miles a day, with or without a pack, will under certain conditions "set up" anyone. Twenty-four hours a day out of doors will do almost as much for him. Then there are the tasks of the camp—wood gathering, bed making, cooking, packing. They are all physically helpful.

But these, I am convinced, are contributive only.

I remember when in college being stopped one day by a gymnasium director as I was working at the chest weights.

"That isn't a very good workout for you," he said. "I can see you don't like it. Get something you are interested in—handball, track, basketball. You need play more than work."

He meant, of course, that while my body was getting change and exercise, my mind was getting neither. His diagnosis was correct, and it would be as correct at any time for the usual inhabitant of a summer resort as it was on that occasion for me. The chief advantage of a vacation by adventure is not that it gives plenty of exercise—though that is important—but that it gives that exercise in a peculiarly beneficial manner. It offers the maximum of psychological benefit with its physical benefit.

You can easily see why this is so. The adventure is an undertaking. It excites the pride and interest of the adventurer. He plans his own route, finds his own way, has a constant sense of mingled anticipation and achievement. The trip, like a good dinner, begins to be beneficial as soon as it is sniffed. And once it begins, its psychological effect is tremendous. The hiker sets out with frayed nerves

(Continued on page 74)



We started from the largest tree in the world, and close to the highest peak in the United States. Our horse and pack - harness cost us \$62.50. We sold out at the end of the season for \$18. It cost us less than two dollars per day.

His New Discovery Takes the Place of Exercise



EDWARD LANKOW
Famous Basso, of Chicago, Boston and
Metropolitan Opera Companies in the
role of "Mephistopheles"

Without dieting, gymnastics, baths, or medicines—without spending even a single minute a day in exercise YOU can easily build up a wonderful physique, glorious health, and bodily power if you know the remarkable secret of Edward Lankow, the famous basso of Chicago, Metropolitan and Boston Opera Companies. He has taught his secret to other great singers, U. S. Army generals, and many prominent public men.

EDWARD LANKOW, a big, robust giant of a man, with the endurance to work eighteen hours a day and the strength of a wrestler NEVER exercises. He pays no attention to diet—eats anything that appeals to him—wears only the lightest under-clothing winter or summer, and even in the coldest weather dons only a light-weight overcoat.

How does he do it and maintain his fine physique? He has discovered a new way to breathe which he calls the "Science of Breath Control."

As a matter of fact you have never seen a truly great singer with a weak, puny undeveloped body. All are powerfully built, unfailingly healthy people—yet they seldom, if ever, go in for strenuous "muscle-building" exercises. But they UNCONSCIOUSLY do practice some of the principles of the "Science of Breath Control," and that is why they have such glorious health and vitality, such great strength and endurance. You, too, can develop what is known as "the singer's physique"—a deep, powerful chest, a strong diaphragm, wonderful endurance—freedom from constipation, colds and other ailments, and a continuous sense of bounding physical vitality and energy.

A Famous Singer Discovers the Secret of Vigorous Health

Through a remarkable discovery Mr. Lankow has originated a wonderful new method of breathing, the amazing effects of which may be seen in his own remarkable physique. His secret is a few easy diaphragmatic breathing exercises, which invigorate and strengthen the vital internal organs of the body by constant massage. Once the simple secret is learned, diaphragmatic breathing becomes a habit—it becomes your regular practice—and all of the time your entire system is gaining splendid new health and vigor without any conscious effort on your part. You gain greater mental clearness and physical perfection than you have ever known before. And, remember, all this is attained without subjecting yourself to medicines, diets, or physical exercises of any kind.

This is the same method that was endorsed by the U. S. Government and taught to officers in the army by Mr. Lankow himself. Prominent physicians and health authorities have given it the strongest possible recommendations and support.

Controlled Breathing Is a Real Health Tonic

Mr. Lankow's exercises are based on Nature's fundamental law in building up the body. Proper diet will assist the stomach, the alimentary canal and incidentally the blood; gymnastics will exercise and develop the outer muscles of the body. But *air* is the very first essential in our existence. It is the oxygen in the air we breathe that is the greatest purifying force in nature. To get this oxygen into the lungs and system, we must know how to breathe it in.

Controlled Breathing has proven most valuable to secure that vital strength of the heart, lungs and other internal organs so essential to the full realization of health. Controlled Breathing will give greater results in vital development than any other single form of training. It produces the maximum oxygenation of the blood, resulting in improved circulation and nutrition of the entire body. Waste products are removed from the cells of muscles and brain. Drowsiness and fatigue are overcome. The power to resist disease is strengthened and both the quality and length of life processes are increased.

It produces the maximum oxygenation of the blood, resulting in improved circulation and nutrition of the entire body. Waste products are removed from the cells of muscles and brain. Drowsiness and fatigue are overcome. The power to resist disease is strengthened and both the quality and length of life processes are increased.

Controlled Breathing Prevents and Cures Disease

Diseases like catarrh and hay fever, suffered by 90 per cent of the population of the United States can be banished by Controlled Breathing; stomach troubles will disappear; and it has been proven that the regular practice of Controlled Breathing will unquestionably prove a preventive of tubercular disease, its judicious employment a powerful remedial

agent. One health authority said "Give the world two generations of children taught this trained, scientific method of breathing and you'll make the community free of consumption."

This system also has the endorsement and recommendation of the SOCIETE INTERNATIONALE DE TUBERCULOSE.

If your voice is weak, thin or harsh, Controlled Breathing will help you acquire a voice whose resonance and beauty of tone, whose clear forcefulness and rich depth will be a pleasure to hear and a delight to yourself.

Not a Vague Theory —But a Scientific Method

This new science of Controlled Breathing has been studied by Benny Leonard and a dozen other champions and ex-champions of the roped arena. Mr. Lankow taught his system at Camp Gordon, Georgia, to thousands of officers, including the commanding generals and surgeons. In fact one high official recommended that the system be taught in the U. S. Military Academy at West Point. Dr. Rupert Blue, Surgeon General of the United States Public Health Service says, "I know of your wonderful work in the army. Use my name and endorsement in any way in which you see fit in connection with your work." It is also highly recommended by many famous singers.

Send No Money

"Breath Control" has proven to be of such remarkable, health restoring and sustaining value in tens of thousands of cases—it has been so unqualifiedly endorsed by many prominent persons, that we feel sure that you, too, will like to own this method that performs wonders in increasing physical vitality. This new method requires only a few moments a day practice and you will be simply astonished to see how quickly it will help you to remarkable strength, glorious health and renewed energy.

Just write your name and address on the coupon below and the complete method will come to you promptly. When the postman hands it to you, simply pay him \$1.97, plus a few cents postage and the method is yours—no further payments of any kind. If you should decide that you do not want this wonderful new method after examination, you are free to send it back to us, and your \$1.97 will be promptly refunded to you. You send no money now; just the coupon. Mail the coupon today, while this special introductory offer is open to you.

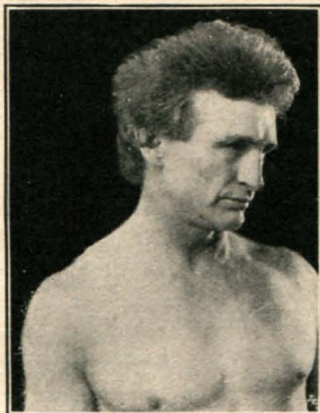
The Thompson Barlow Company
Dept. 54, 43 W. 16th St., New York City

THE THOMPSON BARLOW COMPANY,
Dept. 54, 43 West Sixteenth St., New York City.

Please send to me Edward Lankow's famous method of "Breath Control." When the postman hands it to me I will pay him, \$1.97 plus a few cents postage (in full payment). If for any reason I am not satisfied I will return it and you agree to promptly refund my money without question.

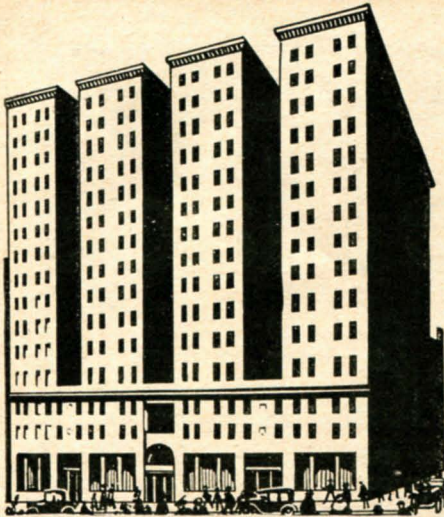
Name.....

Address.....



**Bernarr Macfadden, World-Famous
Authority on Physical Culture, says:**

"Correct breathing develops glorious health and energy. To use 'Breath Control' means to be keenly, joyously alive—brimful of vitality. Mr. Lankow's method is based on natural law. Once learned, it becomes a habit and develops strength automatically. His system is as nearly perfect as human intelligence and science can make it."



**2250 JOBS
in ONE Hotel**

Will You Accept

**One of the 40,000 Opportunities
in America's
4TH LARGEST INDUSTRY?**

Do you know that in just ONE of America's big hotels there are over two thousand contented, well-paid, well-fed and well-dressed employees? Do you know that the Hotel Business is now rated as AMERICA'S FOURTH LARGEST INDUSTRY? Do you know that in the big hotels of the United States there are 40,000 EXECUTIVE positions—pleasant, high-salaried and dignified? Do you know that without the advantages of a higher education men are making \$5,000 to \$50,000 a year in the hotel business?

You Can Qualify for a Good Paying Job

Statistics show that ONE IN EVERY TEN HOTELS WILL HAVE AN OPENING FOR MANAGER THIS YEAR. The men who will fill them will be the TRAINED men. Some of them have taken years to obtain this training by slowly, laboriously "working up." Others have used their spare time to gain the knowledge that gives them a short cut to success.



Clifford Lewis
President

I Guarantee to Teach You

the valuable knowledge that it has taken some of the most successful hotel men years to obtain—men who are now making \$5,000 to \$50,000 a year. All your training will be under the personal direction of CLIFFORD LEWIS—a hotel expert of national reputation. Endorsed by managers of such hotels as Waldorf-Astoria, Biltmore, Copley-Plaza, New Willard, St. Francis. A few spare-time hours a week given to the simple, clear lessons of the Course open the way to a good position, a fine living, and a handsome salary. The training will in no way interfere with your present activities.

SEND FOR FREE BOOK

Big pay, fine living, free meals and apartment, fascinating work—all these may be yours if you will fit yourself for the thousands of opportunities in America's Fourth Largest Industry. Life membership in our Employment Bureau FREE to all graduates. Write today for interesting FREE BOOK—"Your Big Opportunity." Don't wait a minute—you may lose the one big opportunity of a lifetime. Mail the coupon NOW. Your whole future may depend on it.

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Founded 1916

CLIFFORD LEWIS, President
Room 425 Washington, D. C.

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Name..... Please print name

Street.....

City..... State.....

(Continued from page 72)

and a mind running uselessly on unsolved personal and business problems. In an hour he has been jerked into an entirely different world. He has a new set of interests,—the trail and the scenery. He cannot round a hill without a fresh sensation. It may be a doe with two fawns no bigger than fox terriers. It may be a stunning view, a creek to be forded, a meeting with "natives" or fellow travelers. He will encounter people in distress or be delivered from simple difficulties of his own. He will find out—if he has chosen a route to permit—what certain famous places are like. He will see strange flowers and trees. And in the play of this bewildering diversion the wearing thoughts and habits of the year will slip from him.

His walking thus becomes a kind of stimulating play. Something of the kind also happens with regard to camp work. Walking ten miles a day is but one of several incidents. There is packing to be done each morning. Meals are important and exciting events. Selecting and improving camp sites, leveling—if necessary—a place for a bed and laying boughs or ferns get justly serious attention. There is time to fit these things into the schedule comfortably, with a little time for rest, but there is no time for worry about the outside world. The journey absorbs all one's attention, and the result is natural play—a pleasing but constant activity with both mental and physical aspects. Under this the body—mind, nerve, and muscle—rounds swiftly into health.

It is surprising how much you can do without effort once you master a certain technique of adventuring.

Last summer my wife and I were called to California, and we decided to follow the ridge of the Sierra Nevada mountains for several weeks. The scenery along the divide is supposed to challenge any in our own better known mountain regions or in Europe.

We decided finally to start from Sequoia National Park, near the southern end of the range, and walk northward, partly along the famous John Muir trail to Yosemite Valley. Besides providing exercise this would bring us in touch with two national parks and a national monument—a rather formidable bit of visiting—and lead us through a remarkable Alpine region containing a number of famous river canyons.

We did not know the exact distance of this trip by trail. We planned it while still in New York and made all arrangements from there. We were told by the National Park service that the trip had been made on horseback in three weeks, and we planned to go as fast on foot, with one horse to carry our equipment and three weeks' provisions. For we would cross no roads and meet no habitations en route. The topographical maps covering our proposed route showed a

(Continued on page 76)

What Is An Internal Bath?

MUCH has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable, but preventable through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it almost impossible to become sick?

There is entirely too much unnecessary and avoidable sickness in the world.

You can name but few people, including yourself, who are physically vigorous, healthy, and strong—yet five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely, and it will do this for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practice internal bathing and begin today.

A most interesting booklet entitled "THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING," was written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line made him the pre-eminent authority on this subject. Not only did internal bathing save and prolong Dr. Tyrrell's own life, but the lives of a multitude of hopeless individuals have been equally spared and prolonged. No book has ever been written containing such a vast amount of practical information to the business man, the worker, and the housewife; all that is necessary to secure this book is to write to Tyrrell's Hygienic Institute at Number 152 West 65th Street, New York City, and mention having read this article in PHYSICAL CULTURE and same will be immediately mailed to you free of all cost or obligation.

Avail yourself of this opportunity for learning more about the subject. Do not put it off, but send for the book now while the matter is fresh in your mind.

Don't allow procrastination to cheat you out of your opportunity to get this valuable information which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural, when it is such a simple thing to be well?

You look after the rest of your body; why not your feet?

Are you careful about diet, exercise, rest and recreation—trying to keep your physical condition normal—yet neglecting to provide your feet with the support they need?

Why devote such care to diet, rest, recreation, etc., and then undermine the whole structure by neglecting your feet?

Your feet need support simply because Civilization has deprived women of the walking base Nature provided. Originally human beings walked barefooted, with the feet flat on the ground. THERE WAS THEN A FIRM SUPPORT UNDERNEATH THE ENTIRE BOTTOM OF THE FOOT.

But Civilization demanded heels and the rear of the foot was raised from the ground, leaving the arch unsupported. It is a simple thing to visualize how destructive is the ordinary shoe which does not support the foot arch when you consider that the average woman compels her foot bridges to bear her weight several thousand times each day!

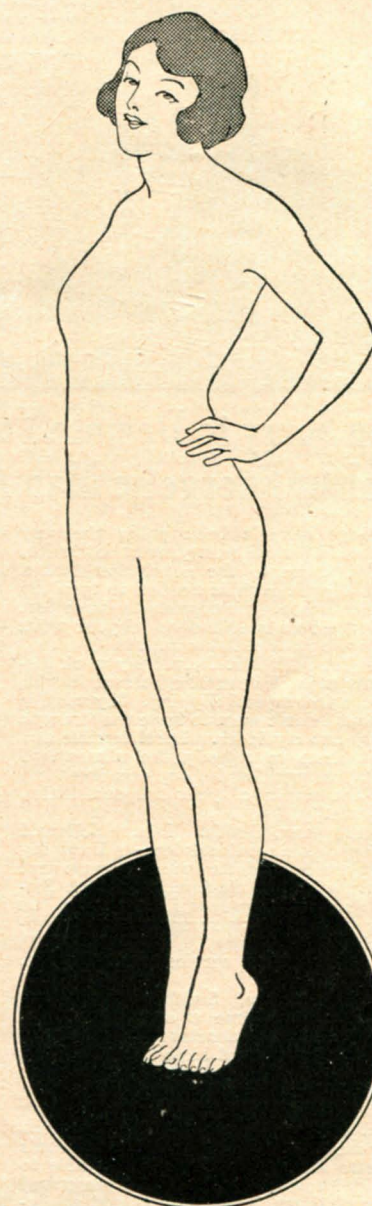
No mechanical structure ever was called on to bear such a burden. Little wonder, with this arch unsupported, that foot troubles and discomfort have come to 90% of all women.

But the Arch Preserver Shoe really *preserves* the normal foot because it gives a firm walking base under the entire foot—just as when walking barefooted. Your foot gets exactly the same exercise as when walking flat on the ground, in easy, comfortable shoes, that keep the foot comfortable and vigorous at all times.

The Arch Preserver Shoe is the *natural* shoe. It works with Nature—not against it—nor independently of it. The Arch Preserver Shoe is the walking base Nature planned the foot to have. Nature never planned that we should not wear heels; only that the foot must be supported, just as any weight bearing structure must be supported.

The Arch Preserver Shoe follows the trend of Fashion. You need not sacrifice style to secure perfect foot comfort. It combines foot comfort and health with good appearance. Only when you find the Arch Preserver Shoe trademark on the sole and the lining are you securing the Arch Preserver Shoe.

The Arch Preserver Shoe is manufactured for women and misses—for all occasions, in all styles—widths AAAA to E. It is sold by 2,000 dealers. Write us or phone or write any "Tel-U-Where" Bureau for names of Arch Preserver Shoes dealers. Ask for booklet No. 60, on foot health. The Selby Shoe Company, 50 Gallia St., Portsmouth, Ohio.



KEEPS THE FOOT "WELL"



Nature plans that the foot rest on heel, ball and outside arch.



Civilization demands that the heel and arch be raised.

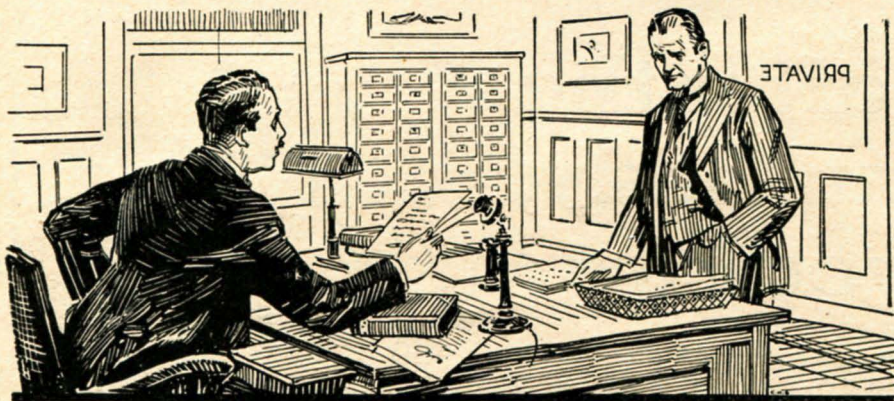


The Arch Preserver Shoe, with its built-in arch satisfies both Nature and Civilization.

The Arch Preserver Shoe

The Man who Did

The Man who Didn't



"I'm Sorry to Demote You Smith But We Need A Healthy Energetic Man As Our Office Manager"

"Things haven't been going the way they should for the past year or so, Smith, and I've come to the conclusion that a more energetic man is needed to 'pep' up the office force. You seem to have lost your grip—you look badly and your work is not up to your old standard."

"You're right, Mr. Byrne, my work disappoints me. I have fought and fought, but I can feel myself slipping. My mind is O. K. but I don't seem to have the strength to carry out my ideas. I feel terrible and I can't seem to remedy the ailment. I have often wondered how you keep up under the strain of your responsibilities, Mr. Byrne."

"That's easy, Smith. I have followed Mr. Louis Robinson's advice—to know my state of health at all times and thus prevent disease by taking his famous Health Service. For ten years now I have taken the test and followed his recommendations religiously."

"What kind of service is that, Mr. Byrne?"

"Well, you see, Smith, every three months he sends me a container to be filled with urine and returned. He has a group of chemists and biologists to make a complete analysis. Such diseases as Bright's Disease, diabetes and others can only be detected in this manner and on several occasions the symptoms showed up for me and by following Mr. Robinson's advice to see my physician I was able to check it immediately. He also prescribed dieting at times. I always noticed an improvement in my health after following his advice. That's why I've been able to stand the grind. Smith, take my advice and subscribe to the service—it only costs \$15 a year—four cents a day—that's all."

"I believe I will write today, Mr. Byrne—possibly I can stage a come-back."

"If you can, Smith, I'm for you and I'll see that you get your old position back."

ARE YOU IN SMITH'S PREDICAMENT? Is your health being slowly undermined? Or, are you in Mr. Byrne's position as employer, just on the verge of losing a most valuable man with 20 years' training under his supervision, and facing the problem of breaking in a new man? Wouldn't this Health Service be of unlimited value for some certain executive RIGHT NOW?

Don't Delay—Do It TODAY. Your Health may be imperiled RIGHT NOW

The Louis G. Robinson Laboratories

31 E. 4th. St. Cincinnati O.

Agents Wanted

URINE THE BAROMETER OF YOUR HEALTH

—how its analysis prevents disease

The analysis of the urine is one of the few methods by which the actual physical condition of a person can be actually determined IN TIME to prevent organic disease of the kidneys and other organs.

The number of diseases which show up in the urine are countless, the most common of which are Bright's Disease, Diabetes, Nephritis, etc.—not so serious in their early stages but they become fatal if not given the proper attention.

Urine analysis is such a sure method of detecting disease that Life Insurance Companies risk fortunes insuring people who can take the test. Big Corporations demand it of their employees—the Army, Navy and Civil Service cannot be entered without it.

EXTRACTS FROM SOME TESTIMONIALS

Health Service is the kind of Insurance you do not have to die to win.

"Health service reduces absenteeism 50%."

"Health service is a Health Inventory."

"Health service reduces insurance costs."

Commissioner of Health, New York City, recently said:—

"It is a good thing to have your urine examined periodically by someone who can advise you as to the meaning of the findings."

FREE TRIAL OFFER

We are so certain that you will become a regular subscriber to this Service, once we have demonstrated it to you, that we are making you this FREE OFFER. Just fill in the coupon below. Upon receipt of it, we will mail you a container to be filled and returned. We will make a complete analysis and hand you a regular report, just as though you were paying for the Service. You will be convinced then that you can't afford to be without it. Fill in the coupon today.

Louis G. Robinson Laboratories,
31 E. 4th St., Cincinnati, Ohio.

Please send me full particulars about the confidential service of the Louis G. Robinson Laboratories, as well as container for my first test free.

Name

Age.....Weight.....Height.....

City.....

State.....

(Continued from page 74)

general altitude of about 8,000 feet, with nine passes from 9,200 to 12,000 feet in height. We knew there would be snow-fields. An outfitter wrote that "trail signs were non-existent for miles," and that the journey was made only by "pioneering parties."

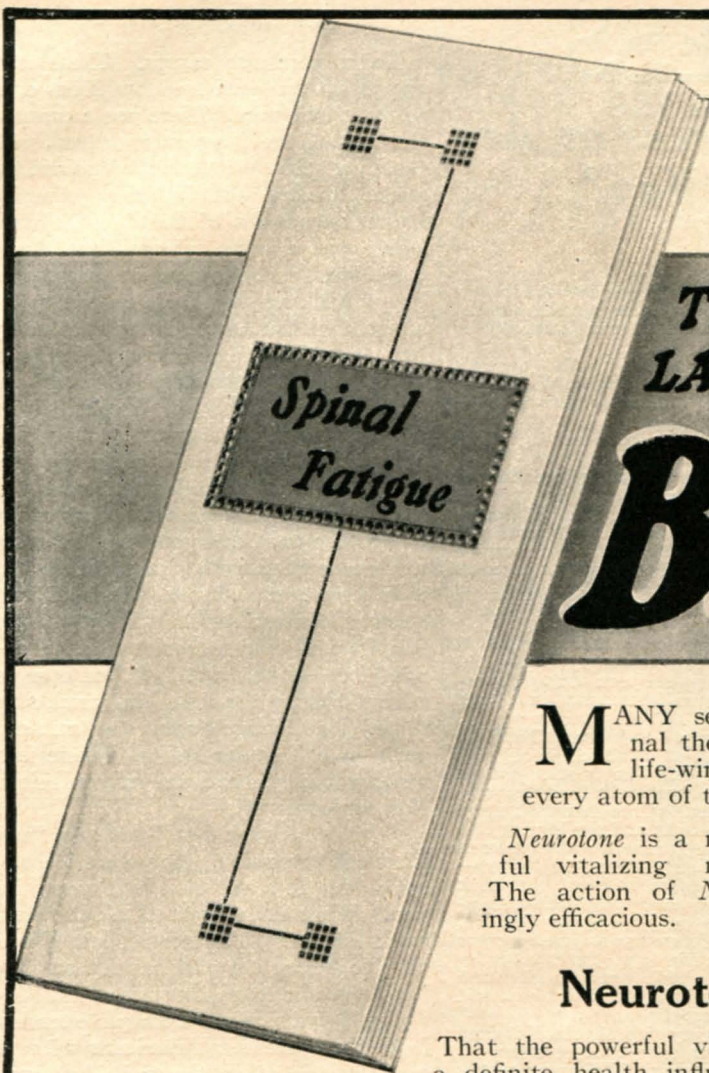
The joke of it was that I was seeking relief from two years of office work, while my wife had been tied to the house since the birth of the first of our two children almost three years before. Emphatically we were not "hard." We were soft—as soft as the average vacationist. But we believed we had a method of making a difficult trip easy, and we decided to try it on this one. The trip was a test case. If it could be made comfortable by our method, anything was possible in vacation by adventure.

The actual journey was quite as formidable as it looked on paper. It turned out to be two hundred and forty-three miles long. We avoided one pass, but the eight others were there. We had one almost every other day. Our third evening found us looking back on 3,500 feet down and 3,950 feet up, and a total of sixteen miles. During the entire trip we climbed 30,000 feet and descended an equal distance. There were rushing streams to ford. In the Muir Pass the snow lay soft over sharp rocks, and we, with two other parties, had to pull up fallen horses and pull them over a yielding crust. We left a crimson trail on the white fields from the cut forelegs and bellies of our animals.

But our simple outfit and our constant suiting of the day's work to the day's strength brought us through in our scheduled 21 days. This was an average of twelve mountain miles—we sometimes walked two and a half hours down hill to do four of them—for each of our nineteen walking days. On thirteen marches we arrived at camp by five o'clock or earlier. We were never later than 6:30. We found time to fish and photograph and enjoy the scenery. It was a direct testimonial to the steady, leisurely journey and the light, compact outfit.

As I have suggested, the setting of this adventure was almost incredibly splendid. We started from the largest tree in the world and close to the highest peak in the United States. We crossed the Kings, Fish, San Joaquin, and Merced River Canyons. We tramped close to the 14,000 foot Minarets and up into icy, treeless heights beloved by mountain climbers. We passed the Devil's Postpile, National Monument, and had Yosemite as a sensational climax. There were luxurious unknown wildflowers, sudden emerald meadows, thousands of granite domes and crashing waterfalls, lakes, pine and sequoia forests. Above all, there was the unrolling of one of the great mountain ranges of the world,—peaks, forests, canyons passing in review for week after week.

(Continued on page 78)



"Backache is always a common symptom in nerve exhaustion arising from whatever cause."

THE LATEST *Free Book* ABOUT *Backache*

MANY serious disorders of the organs of the body signal their distress by backache. The spine carries the life-wires through which nerve forces are conveyed, to every atom of the human machine.

Neurotone is a modern, hygienic means for imparting a powerful vitalizing nature-force to the whole spinal anatomy. The action of *Neurotone* is simple yet very often astonishingly efficacious.

Neurotone a Powerful Force

That the powerful vitalic energy which *Neurotone* imparts is really a definite health influence; that its powerful force for good reaches the distant organs; is evidenced by the relief of that major symptom—backache.

Neurotone is not massage or electricity per se, or vibration therapy; it is a convenient, comfortable appliance that nestles snugly to the spine and there applies its healthful influence, sending its energy tingling through the tired muscles and oppressed nerves.

A Wonderful Aid to Nature

Neurotone helps nature rid you of the imp that paints the lines of age and senility upon an otherwise youthful face. It is a boon to age and debility. Especially in Neuralgia, Neuritis, Neurasthenia, Insomnia, Melancholia, excessive undue worry or fear sensations, perhaps *Neurotone* may prove a god-send to you.

Neurotone saves golden hours to happiness, for those depressed by excessive social duties, overwork, and extra cares; so especially common to women.

Learn About the Anatomy of Your Spine

Spinal Fatigue is a beautiful little book that will impart a wealth of information upon this vital subject; it is free for the asking. The book tells you of the wonders of *Neurotone* and explains why it can be sold upon a Golden-Rule-Trial-Basis,—why *Neurotone* must help or cost you nothing. There are but five thousand of the books and they are free. Send the coupon below and be sure of yours—today.

THE BETTER DAYS COMPANY
11-D Trust Building Steubenville, Ohio

The Better Days Company,
11-D Trust Bldg.
Steubenville, Ohio.

Gentlemen:—Please send me without obligation a copy of your book—*Spinal Fatigue*.

Signed.....

Address.....

City.....State.....

NERVOUSNESS

Are You Master of Your Nerves or Are Your Nerves Master of You?

By PAUL von BOECKMANN

NERVOUSNESS—We hear about it everywhere. A doctor tells his patients, "It's your nerves." Sensitive and high-strung women complain of their "nerves." We see evidence of "nerves" everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

Nervousness is not a disease; it is a condition. A doctor may pronounce you as sound as a dollar organically and yet you may be on the verge of a nervous collapse. What does it all mean? What is meant by nervousness?

The Nervous System generates a mysterious energy termed "Nerve Force." It is the power that drives the entire human machine. It controls every organ, every muscle and even the Mind. If we over-tax or abuse Nerves through worry, fear, grief, shock, or disease, the flow of Nerve Force becomes feeble, and we then have a condition known as NERVE EXHAUSTION, of which nervousness in its various forms is but an outward symptom.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows:

FIRST STAGE: Lack of energy and endurance; that "tired feeling," especially in the back and knees.

SECOND STAGE: Nervousness; sleeplessness; irritability; decline in sex force; loss of hair, nervous indigestion, sour stomach, gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; backache; headache; neuritis; rheumatism, and other pains.

THIRD STAGE: Serious mental disturbances; fear; undue worry, melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

If your NERVES have reached any of the three stages of depletion, you ought to take immediate steps to determine the cause and to learn what to do to build up your Nerve Force, for Nerve Force means Life Force—Brain Force—Vital Force—Organic Force—Dynamic Force—Personal Magnetism—Manliness and Womanliness.

No man WITH Nerve Force has ever stood in a bread line.

No man WITH Nerve Force has ever been down and out.

No man WITH Nerve Force has ever acknowledged himself "licked."

No man WITH Nerve Force has ever failed to attain success.



Paul von Boeckmann

Author of *Nerve Force* and scores of other books on Health, Psychology, Breathing Hygiene and kindred subjects. Over a million of his various books have been sold during the last 25 years.

He is the scientist who explained the nature of the Psycho-physic Force involved in the Coulton-Abbott Feats, a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of "Physical Culture Magazine."

And, on the other hand, WITHOUT Nerve Force no person of either sex in any walk of life has ever reached the top, has ever achieved success, or has ever gotten the fullest enjoyment from life itself. WITHOUT an abun-

dant supply of Nerve Force our lives are wrongly adjusted, we fail to utilize our full powers, and we cheat ourselves of our birthright of health and vigor.

"A sound mind in a sound body" depends upon sound nerves. And to be a WINNER, even in a small way, demands, first of all—NERVE FORCE.

This, of course, applies to women as well as men.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 90,000). My instruction is given by mail only. No drugs or drastic treatment or any kind are employed. My method is remarkably simple, thoroughly scientific, and always effective.

I shall agree to send you further information regarding my system of treatment FREE and without any obligation on your part. Everything is confidential and sent sealed in a plain envelope.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body for the first time.

Read this book at my risk, that is, if it does not meet with your fullest expectations. I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

PAUL von BOECKMANN,
110 W. 40th St., Studio 12, New York, N. Y.

Dear Sir: I desire to investigate your method, without obligation of any kind. (Print name and address plainly.)

Name.....

Address.....

Enclose 25c if you wish the book.

(Continued from page 76)

There were also camps. There were camps we made on meadow floors open to moon and stars. There was a camp at the crest of the Copper Creek trail, with the King's River 3,000 feet below, and the peaks toward Mt. Whitney climbing above the castles of the opposite wall. There was a camp where Mono Creek was a green clear Elysian river edged by a grassy bank and sugar pines stately over a smooth, open floor. There was one by blue Lake Tenaya just above Yosemite. I recommend especially a camp on Crater Creek. It is on the roof of the canyon wall on the north fork of the San Joaquin. There is a little meadow for your horses. The creek runs through it, scattering buttercups and shooting stars, crosses the trail, and parts in two halves under alders against a great moss covered rock before plunging a thousand feet below. You can see for miles down the San Joaquin canyon, and the altitude—7,500 feet—is just right. If you ever go adventuring on the John Muir trail, stop there. The stream crosses the trail and parts in half under alders. There is a meadow patch above and canyon below. You can't miss it!

"This is all very well," you say, "and it sounds promising. You seem to have got a kind of a vacation that works for you. What makes you think it would work for me? I'd like it, but I'm a genuine tenderfoot and haven't an idea how to go about such business."

Usually you are not a complete tenderfoot—there are few Americans without some experience on the trail—but even if you are a vacation by adventure is still easy. You require only three things that may have been suggested by the foregoing description—imagination enough to choose and plan a trip, common sense in executing it, and—most important of all—a proper outfit.

No one should be in trouble for want of an adventure. There are nineteen national parks in the United States. There are great rivers, lakes and thousands of miles of seacoast. Start out on what lies to hand. When you have selected a particular region, you can get a typographical map from the U. S. Geological Survey office in Washington. A single map costs fifteen cents, and with a good compass is a better guide than you can pick up usually for \$6 a day. Every house, trail, road, river, lake and village is on it, with altitude indicated. You can check up by asking the natives, but in case of disagreement they are always wrong and the map right.

As for common sense and camping experience,—the one is with you in some degree to use, and the other can be picked up week ends.

The outfit remains. I have already given a backpack outfit. If you have a pack animal, add to your outfit in moderation. Here is a list of equipment and provisions that a horse or mule can carry. It

will be found adequate for summer camping anywhere in the United States. We used essentially this outfit along the ridge of the Sierras, and we were entirely comfortable. All the equipment listed could be bought for less than fifty dollars. Our horse and pack-harness cost us \$62.59. (Any outfitter will teach you to pack in five minutes.) We used it for twenty-seven days—in Yosemite Valley as well as on the trip to Yosemite—and sold out at the end of the season for eighteen dollars. This was less than two dollars per day. We passed two people on shorter trips than ours who were employing a guide and seven horses at a cost of over twenty dollars a day. I think we were more comfortable than they. One may have an outfit that serves him, or one may serve an outfit.

Outfit for Two Persons and One Pack Animal

1. Camp Equipment.

| A. Bedding, Covering, etc. | Lbs. | Oz. |
|------------------------------|------|-----|
| 1 Double blanket | 4 | 00 |
| 1 Wool bat comforter | 2 | 08 |
| 1 Square oiled silk, 7 x 7 | 1 | 08 |
| 2 Strips balloon silk, 3 x 6 | 1 | 10 |
| 12 Horse blanket pins | | 12 |
| 30 Feet of rope | 4 | 00 |
| Total | 14 | 08 |

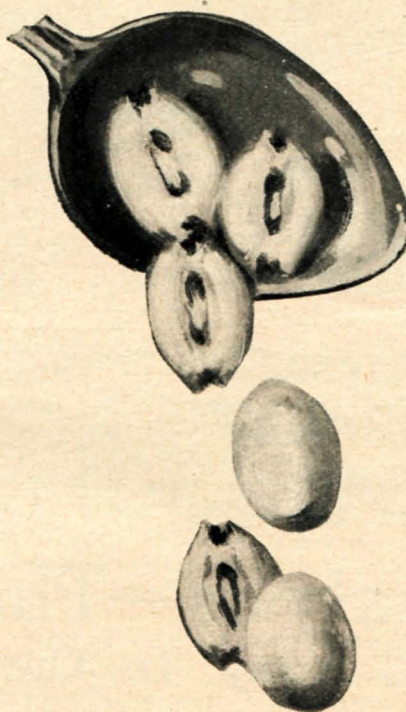
B. Camp Utensils.

| | Lbs. | Oz. |
|---------------------------------------|------|-----|
| 1 Hinged steel frypan | 1 | 00 |
| 1 Granite ware stew pot | | 12 |
| 1 Double boiler | 1 | 00 |
| 1 Coffee pot | | 09 |
| 3 Deep tin pans | | 08 |
| 1 Dish towel | | |
| 1 Dish rag | | |
| Steel wool for oven | | |
| 1 Long wooden spoon | | |
| 1 18-inch fork | | |
| 1 Kitchen knife | 2 | 00 |
| 2 Table knives | | |
| 2 Table forks | | |
| 4 Teaspoons | | |
| 2 Tablespoons | | |
| 3 Seamless cups | | |
| 2 Plates | | |
| 1 Collapsible aluminum reflector oven | 2 | 00 |
| 1 Automatic folding lantern | 1 | 00 |
| Candles | | 08 |
| 1 Electric flash | | 08 |
| 1 Fish pole, fishtackle | 2 | 00 |
| 1 Small axe | 1 | 00 |
| 1 Small iron grate | | 14 |
| 1 Collapsible canvas bucket | | 14 |
| 1 Canvas dunnage bag | | 08 |
| Total | 15 | 1 |

C. Personal.

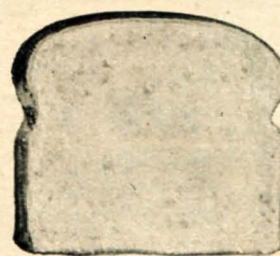
| | Lbs. | Oz. |
|---|------|-----|
| 2 Heavy sweaters | 5 | 00 |
| 1 Light sweater | | 12 |
| 1 Extra suit underwear per person | | |
| 2 Extra pair socks per person | | |
| 2 Extra handkerchiefs per person | 4 | 00 |
| 1 Large towel per person | | |
| 2 Pairs moccasins | 1 | 00 |
| 1 Extra pair shoes | 1 | 12 |
| Safety matches and case | | 06 |
| Toothbrushes, paste, shaving outfit, soap | 1 | 08 |
| Extra shoe and leggin laces | | 05 |
| Paper, book, maps | 1 | 00 |
| Medicine and sewing kit | 1 | 08 |
| Skeeter skoot | | 08 |
| Total | 18 | 01 |
| Total all camp equipment | 47 | 10 |

(Continued on page 81)



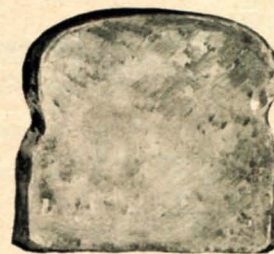
Puffed Wheat

has all of the food cells broken



Bread

has part of the food cells broken



Toast

has more of the food cells broken

Why We Explode

every food cell in Puffed Grains

Over 125 million food cells exist in a grain of wheat. All must be broken to digest.

In bread you break part of them—in toast you break more. But Puffed Wheat alone breaks them all.

Grains shot from guns

Prof. A. P. Anderson studied for years to make whole grains wholly digestible.

He did it at last by sealing the grains in guns, then supplying an hour of fearful heat. Thus the moisture in each food cell is changed to super-heated steam.

When the guns are shot, every food cell explodes. All become available as food.

More than cereal tidbits

Puffed Wheat and Puffed Rice are delightful dainties. You never tasted cereals so good. They are bubble grains, airy, flimsy and toasted, as flavory as nuts. They seem like food confections.

But they are also whole grains, supplying 16 needed elements. Every element is fitted to feed. The greatest food you can serve a child is Puffed Wheat in a bowl of milk. But serve them Puffed Rice also. That is the morning dish.

Puffed Rice Puffed Wheat

The Quaker Oats Company Sole Makers



Psycho-Analysis—The Masterkey

Unlocks The Gateway To Our Hidden Powers

Science's Marvelous New Discovery Brings Into Play
The Success Qualities Within Each One of Us

THERE is a new power abroad in the land. It is as mighty as the rod of Moses that made of the Red Sea a beaten highway—as startling as the discovery and harnessing of electricity—as revolutionary in its effects on the life and habits of men as the voyage of Columbus that ushered in a new world. It is a power of the kingdom of the mind.

It touches here a man who has plodded along content in the routine of life. It stirs new forces within him. He discovers himself and his powers to achieve. And success and leadership become his portion.

Again it reaches out to a woman, be she mother, business woman, or factory worker, who has toiled long and been unappreciated, and behold new joys and dignity clothe her tasks and new power is hers in accomplishment. Rewards long sought, but deemed beyond hope of realization flow in upon her as if some magic genii had touched her with his wand.

The student, the writer, the musician, the scientist, the business man, the day laborer, the banker, the shop girl, the society matron, the city dweller, and those from the silent places of the earth, have felt and responded to this mysterious, vitalizing POWER that has opened out to them new vistas of achievement and of accomplishment that to the uninitiated seem almost beyond possibility of comprehension.

The Power of a Hidden World

Revealed at last is this tremendous POWER and its relations to the happiness of man and the achievements of life. Clear as day has been made its workings whereby for thousands it has turned failure into success and has brought health—love—honor—attainment to those who have despaired. There is a hidden world—a realm of our unconscious or subconscious self that reaches out and dominates the YOU of the conscious. And this realm in its magnitude is to the conscious self as the stellar universe is to our own tiny earth. This shadowland, wherein hovers our childhood experiences, memories, and repressions, is constantly reaching out and controlling our lives and action. At last it is given to each one of us to know that great force and the laws of its

operation and to put this power of a hidden world to work for us in the realizing of our ambitions.

Psycho-Analysis Banishes The Barrier

Between us and the rich heritage of the power of our subconscious self—that power which is nine-tenths of our mind is a great barrier of misconception and ignorance—the conscious at war with the subconscious because the two are not in harmony. And yet this subconscious—this shadowland holds within its grasp the destiny of our life. Within its secret chambers is POWER—ample, yes more than ample—to enable us to accomplish far more than we have ever dared to dream. Would we have of this power to use freely? Would we bring to life and its problems our full mind not merely the conscious tenth?

Would we displace discord with harmony, sorrow with joy, failure with success—if we would and what one of us would not—then we should not hesitate for even a single day to grasp Psycho-Analysis, the power that banishes the barrier.

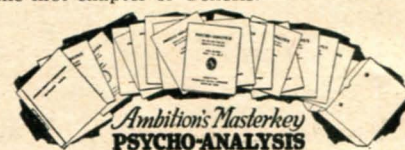
How the Thrilling Touch of Its Power is Felt

Psycho-Analysis is *not* a miracle, though the results it is obtaining for thousands is little short of miraculous. It is a knowledge of self, mental self and an application of laws heretofore unknown that enables the one who knows and applies these mental laws to accomplish giant tasks. Psycho-Analysis is a science and as such must be studied and mastered. But unlike any other subject you have ever before known, it gives you the

power to master it as you become acquainted with it, not dry, uninteresting, and hard to comprehend, but a most amazing and thrilling revelation of the YOU as you are and can be. From your first glimpse of this power until you know and use it fully and freely you are conscious of a growing mental control. Interpreted in material things we have many letters from leading men and women in national life and hundreds of others to whom it has brought success and wealth.

As Easy To Master As It Is Marvelous

The American Institute of Psycho-Analysis has through its resident teaching staff and lecture course unlocked the gateway of hidden powers to hundreds. Impelled by a desire to give to thousands, everywhere this priceless boon of Psycho-Analysis that before has only been available to those able to attend classes, they now offer the **PSYCHO-ANALYSIS MAIL LECTURE COURSE**. Leading national psycho-analysts have prepared this home study course. It is complete in every detail and so carefully graduated and explained that it can be quickly and easily grasped by anyone—not a book or even a set of books but a definite revelation of the powers of Psycho-Analysis applied to YOU. As different and as much more complete than the material ordinarily seen under the name of psycho-analysis as the Bible in its entirety is to the first chapter of Genesis.



- ... 30 Carefully Graduated Lectures
- ... 17 Separate Volumes
- ... Member of our teaching staff, a practicing Psycho-Analyst assigned to personally direct each one taking the course
- ... Guidance upon personal problems afforded all who desire it
- ... Discussion Papers and instructor correspondence an integral part of course
- ... Certificate given on completion of work

Will you make Psycho-Analysis and its wonder power yours? Will you have the masterkey that unlocks the gateway of your hidden powers? Then **ACT AT ONCE**.

Free Booklet "The Opening of A New World"

We have prepared for free distribution to those interested in Psycho-Analysis an absorbingly interesting little booklet which tells a story of vital interest to you. It also explains a plan whereby a limited number can get this only complete, comprehensive course on Psycho-Analysis at a greatly reduced price. Send the coupon or letter TODAY for this booklet and start to claim your birthright of mental power. American Institute of Psycho-Analysis, Dept. 4-A, 1301 Kimball Bldg., Chicago

American Institute of Psycho-Analysis,
Dept. 4-A, 1301 Kimball Bldg.,
Chicago, Ill.

Send me your great free booklet "The Opening of a New World" explaining your easy home study course for complete mastery of Psycho-Analysis.

Name.....

Address.....

APPRECIATIONS

"These lectures present the subject (Psycho-Analysis) as clearly, simply and wholesomely as anything I have seen."—Prof. M. V. O'Shea, Professor of Education, University of Wisconsin.

"I am studying the course in Psycho-Analysis and am very much impressed with it."—Dr. Thesle Job, Professor of Anatomy, Loyola University.

"I am following your course and am very much interested. It should be of great value to the student."—Prof. Shirley Jackson Case, Divinity School, University of Chicago.

"The best material on the subject I have ever seen."—Clarence Darrow, Eminent Attorney, Author, Lecturer.

(Continued from page 79)

2. Food List (two persons for three weeks).

| A. MEATS, ETC. | Lbs. | Oz. |
|--------------------------------------|------|-----|
| 1 Dried soups..... | 2 | |
| 2 Canned soups (4)..... | 3 | |
| 3 Evaporated milk..... | 2 | |
| 4 Crisco..... | 2 | |
| 5 Bacon..... | 5 | |
| 6 Corned beef (2)..... | 1 | 08 |
| 7 Lambs' tongue (Libby, 2 cans)..... | 1 | |
| 8 Tamales (4)..... | 2 | |
| 9 Dried milk..... | 4 | |

Total..... 21 08

| B. BREAD, ETC. | | |
|--|---|----|
| 1 Rice..... | 3 | |
| 2 White flour..... | 8 | |
| 3 Cracked oats and Cream of Wheat..... | 2 | |
| 4 Baking powder..... | 1 | 12 |
| 5 Graham flour..... | 4 | |
| 6 Corn meal..... | 5 | |
| 7 Flapjack flour..... | 2 | |
| 8 Cake flour..... | 1 | |
| 9 Macaroni or spaghetti..... | 2 | |

Total..... 28 12

| C. VEGETABLES. | | |
|-------------------------------------|---|---|
| 3 Cans corn..... | 8 | 8 |
| 4 Cans tomato sauce..... | 2 | 6 |
| 2 Cans asparagus..... | 2 | 8 |
| Onions..... | 4 | |
| Potatoes..... | 8 | |
| Canned beans—6 medium, 3 small..... | 6 | |
| 2 Cans tomatoes..... | 2 | |
| Dehydrated vegetables..... | 2 | |
| Carrots | | |
| Spinach | | |
| Soup vegetables | | |

Total..... 31 6

| D. FRUITS. | | |
|-------------------------------|---|----|
| 1 Prunes..... | 3 | |
| 2 Figs..... | 3 | |
| 3 Dehydrates..... | 4 | |
| Peaches | | |
| Loganberries | | |
| Cherries | | |
| Pears | | |
| 4 Raisins..... | | 12 |
| 5 Lemons..... | 2 | |
| 6 Oranges..... | 2 | |
| 7 Pineapple—9 small cans..... | 5 | |
| 8 Jam—3 cans..... | 2 | |

Total..... 21 12

| E. SWEETS, DRINKS, ETC. | Lbs. | Oz. |
|-------------------------|------|-----|
| Coffee..... | 3 | |
| Sugar..... | 15 | |
| Salt..... | 2 | |

Total..... 20

| | | |
|-------------------------------|-----|----|
| Total for food..... | 124 | 10 |
| Total for camp equipment..... | 47 | 10 |

Grand Total (camp equipment and food)..... 173 4

This puts the vacation by adventure at your disposal. It is a certain way of breaking the year's routine. It is simple and inexpensive, and it is not a task but a pleasure. All of us are secretly fond of adventure. We have avoided it as a kind of luxurious difficulty reserved only for a fit few. Are we not running away from something that we need, that is not particularly difficult but can be undertaken by anyone, that is a medicinal interlude in an intense and standardized life? This is a suggestion based on a considerable personal experience. Perhaps it will lead a few at least from the automobile tour and the front porch of the usual summer resort!

From 700 letters

from those who are eating

Fleischmann's Yeast

Doctors, mechanics, stenographers, housewives, teachers, nurses, clergymen, farmers, policemen, architects—in all, men and women in 113 different occupations recently told of their experiences with eating yeast for health

THE reports came from all parts of the United States. Lawyers, artists, lumbermen wrote in. Housemaids and private secretaries. Dressmakers. Even a boxer told why he was eating Fleischmann's Yeast and what results he was getting.

Nearly 300 of those who wrote in were eating yeast to build up strength and vigor. 251 were freed from constipation by it. A great many others had digestion and appetite restored. Almost as many had been freed of pimples and boils.

"After using every known cathartic"

Hundreds of men and women depend day after day on cathartics. Yet this never corrects their trouble. Here was a man who had used "every known cathartic" ever since he was eleven years old. At last he solved his problem. A simple food, Fleischmann's Yeast, eaten like cheese or butter, had stimulated the activity of the intestines and restored regular functions. Another who had been eating yeast for three months wrote "Since eating Fleischmann's Yeast I have had no bowel trouble." A woman eating yeast for constipation and gas had "greatly benefited" and also was delighted with the way her skin had cleared.

"Suffered with gas for years. Cured after three weeks"

Many suffer for years with some digestive disturbance without ever realizing that faulty eating is the trouble. Since the fresh yeast cake has been known to have a beneficial effect on the entire digestive process, it is now being advised in cases of stomach and intestinal trouble.

Many men and women who had been suffering from poor appetite have regained appetite and vigor. One of them wrote, "My vitality is back to normal. I have a ravenous appetite and every morning I get up full of 'pep' and ambition."

In cases of rundown condition—men and women—astonishingly quick responses came after the addition of the health-stimulating Fleischmann's Yeast to the regular food. In some of these cases, improvement was noticed in less than one month.

The ways they liked to eat it best

Some of these men and women did not like the taste of yeast at first. Almost all grew to like it. Most people took it in water. A number liked it in milk. It tastes something like an egg-nog. Many of the men liked it plain. Women liked to make sandwiches with it, or they took it in fruit juices. Two or three liked it in ice cream. One took it in soup. Several liked it in coffee.

Add 2 to 3 cakes of Fleischmann's Yeast to your own daily diet and notice the difference. Place a standing order with your grocer. 200,000 grocers carry Fleischmann's Yeast. If your grocer is not among them, write to the Fleischmann agency in your nearest city—they will supply you.

Send for free booklet telling all about yeast. Address THE FLEISCHMANN COMPANY, Dept. 7104, 701 Washington St., New York.



Fleischmann's Yeast builds up the system naturally by correcting digestive disturbance and restoring normal elimination





A "Pinning Hold" that Makes an Opponent Helpless

This is one of the greatest of all holds practiced in wrestling. You have your opponent's right arm barred with your left hand and his left arm barred with a leg scissor hold. He is helpless. It is a good hold for self defense, where you might wish to hold your man under control for some time. Try it on your brother or a friend today, and see how completely you have him in your power.

Wrestling Secrets Revealed by Champions Frank Gotch & Farmer Burns

THIS picture illustrates only one of thousands of wrestling holds which vary from simple grips to the deadly strangle hold. How would you like to know them all?

Think of learning them from two champions. This is precisely what you can do. The regular holds—the blocks and breaks for them—many secret tricks, never revealed before—all these you may master absolutely.

Become an expert wrestler through a wonderful course of lectures and photographs for home study prepared by two of the greatest champions who ever lived—FRANK GOTCH and FARMER BURNS.

Farmer Burns, the "father of scientific wrestling," knows more about wrestling than any man alive. He has trained seven champions—among them the great world's champion, Frank Gotch. These men will train you speedily to become a great athlete, a wrestler, and a man!

Vigor! Endurance! Bravery!

Wrestling is a wonderful sport, a wonderful means of self-defense and more. It is the greatest mind and body builder in the world. It breeds quickness, vigor, endurance, bravery, all the manly qualities that men defer to and women admire. It develops every muscle in your body. It gives you poise. You can lay the foundation for a vigorous, successful, self-reliant manhood, if you start now to learn to wrestle. Do not put it off. Begin today.

Send Coupon for FREE Book!

The first step is to send the coupon for Farmer Burns' free wrestling book. It is packed full of information about wrestling and wrestlers. Valuable tricks are shown. A book that every boy should have. You will be under no obligation. The book is free. Just put your name and address in the coupon and MAIL IT NOW. Be sure to give age.

**Farmer Burns
School**
1744 Rail-
way Exchange
Building
Omaha,
Neb.

Name.....

Address.....

Age.....



Minute reproduction of the large clear photographs which accompany every lesson. In each photograph either Frank Gotch or Farmer Burns appears as one of the contestants, assuring absolute accuracy.

Farmer Burns School
1744 Rail-
way Exchange Bldg.
Omaha, Nebr.

Please send at once without any obligation on my part your free book on Scientific Wrestling, Physical Culture, Self Defense, and How to Win.

Love and Marriage 100 Years From Now

(Continued from page 45)

"Well," answered William, moving his head in a certain dogged way peculiar to him, "I know I am an old man, and I don't doubt that times have changed, but youth is youth and prone to indiscretion just as much now as ever. I don't say you would do any wrong, but what would Dorothy's parents think of me if I left her here alone with you in this wild place. You are a lusty young man, Oliver, and Dorothy is a very attractive girl. And furthermore neither of you seems to have the least notion of propriety. Dorothy may have erred in pure innocence; very likely she did, for I admit I have never seen a sweeter, simpler girl than she seems. But you, Oliver, cannot plead either innocence or ignorance. No, I don't see how I can let you go together."

It seemed to me that this was the most amazing thing yet. What did all this talk about innocence and indiscretion and parents have to do with the matter of my taking Dorothy in my plane? "See here, William!" I cried, very near to exasperation. "I don't understand you at all. I suppose that in some way you are moved by a custom of your time, but you don't explain yourself so that I can understand. Why shouldn't Dorothy and I go together? Won't you please speak plainly?"

"There are some things that are not to be said plainly," he answered stiffly. "If Dorothy will let me have a word with you alone, I will speak plainly enough since you pretend not to understand."

Dorothy who had so far listened with an air of deep interest, but with an increasing smile of amusement, interposed. "I understand, Oliver," she said. "Father, who has made a study of the folk lore and the taboos and the fetishes of olden times has told me a great deal about them. It is quite plain that William is a worshipper of the sex fetish. Father will be delighted beyond words to meet a survivor of that strange cult. It is true, isn't it William, that in your time nothing pertaining to sex was ever discussed before females except in roundabout phrases? Men only were supposed to know anything about sex, and even they talked of it in whispers and with suppressed laughter. Isn't that so, William?"

William's face had grown crimson as he listened. "I—I don't think it is," he stammered. "At least not exactly so."

"You see, Oliver," said Dorothy in her sweetly judicial way, "how reluctant he is to speak of it. The reason for that is that while sex was a sort of unholy worship with the men, it was taboo for the women, whose innocence and purity were supposed to be in exact proportion to their ignorance. As a matter of fact, however,

(Continued on page 84)

What Men Seek in Women

Her greatest attraction is the Charm of a magnetic personality. Yet too often it is not fully developed. A remarkable study Course is now offered for attaining complete Charm. Read about it, then mail the coupon below. Send no money.

Charm Is Power

EVERY WOMAN wants friends and admirers and is entitled to them. Every woman wants the boundless happiness which comes with popularity. Yet merely *wanting* is not sufficient.

Too few women KNOW HOW to develop their latent Charm. Yet no woman need lack this knowledge. Our confidential Course in Charm reveals to you the exact methods. You are shown how to develop Charm, the greatest gift of all, a power more precious than mere beauty or wealth.

The woman of Charm is sought by all—a favorite of both sexes. Whether it is a matter of heart's desire, or social success or business advancement, Charm rewards a woman richly. Without Charm, other advantages are hollow mockeries and sadden one's whole life.

Happiness, Fame, Riches?

CHARM is a matter of study. This easily mastered Course shows any ambitious woman how to awaken the slumbering magnetism within her and how to develop this irresistible power. You can be the woman you yearn to be—if you know *what* Charm is and *how* to attain it. Our method gives you all this.

Priceless secrets of happiness and success are now revealed. Centuries of charming women leave you their experiences and advice. Your whole future may be dependent upon your taking advantage of this remarkable opportunity by mailing the coupon.

Our self-analysis charts alone are worth many times the price of the Course. You learn to see yourself as others see you. You learn what hinders popularity and what magnifies it. You learn to tell how you impress others and how they respond.

Charm prevents the loneliness of unpopularity. It overcomes self-consciousness and timidity. You are carried triumphantly through delicate situations. Hopes become realities. Your future is yours.

Our Liberal Offer!

We want you to know all about this great opportunity to attain Charm. And how it benefits you. So we ask you to judge for yourself before paying one penny.

We send you the First Lesson, Outline of the Course and Preliminary Instructions, if you merely mail us the coupon below. This does not obligate you in the slightest to buy. Examine the material for five days. Study the First Lesson and begin the Course. You can then go on with it, sending us only \$5 for it *complete* in twelve Lessons, or you can return the First Lesson. We leave the decision to you. We know that you will insist upon taking the complete Course. A woman hardly dares not to. Mail us the coupon NOW for the free examination. Then remit for the Complete Course after five days, or return the First Lesson. American Cultural Society, 59 E. Van Buren Street, Chicago, Ill.

American Cultural Society
Suite 566, 59 E. Van Buren St.
Chicago, Illinois

Please send me, without obligation, the First Lesson in Charm, Outline and Preliminary Instructions. After five days' examination, I will either pay you \$5 for the Complete Course, or return the First Lesson.

Name.....

Street.....

Cty..... State.....

New Discovery Explains Why Hair Turns Gray

Science Shows How Any Man or Women Can Now Quickly Restore Hair to Its Own, Original Color

GRAY hair is simply hair without color! Science has discovered that if a certain natural process in the root were not affected by worry or by advancing age, the hair would never become gray, but retain its natural color throughout life.

A remarkable new discovery now makes it possible for the original color of the hair to be restored quickly and easily through a simple, natural process. Hair acquires its color (blond, black, brown, auburn, etc.) from the presence of coloring matter or pigment in tiny cells found at the root of the hair. This coloring matter is given off at the tip of the papilla, enters the root, and is dissolved in tiny corpuscles in the middle layer of the hair. The process is known as pigmentation. (See diagram.)

Gray Hair Not Always a Sign of Age

Gray hair, which is regarded by many as an indication of approaching age, is simply due to the absence or loss of pigment in the cells. That explains why one woman may be gray at thirty while another retains the lustrous color of her hair until extreme old age.

As long as the process of pigmentation continues, the hair remains black or brown or whatever the original color happened to be. But as soon as this process is affected by advancing age, or by shock, worry or illness, the pigment supply lessens or fails—and no coloring is sent up into the hair. The result is that the hair becomes streaked with gray. This gray does not indicate a change in color. It indicates an absence of color, and unless this condition is corrected, the hair will soon become entirely gray.

The Only Way Color Can Be Restored

If only one hair in your head is gray, it is a danger signal. The cells of pigmentation need nourishment and stimulation. If the hair is streaked with gray, instant action is necessary, otherwise the hair will lose all its color. If the hair is entirely or almost entirely gray, there is only one way to restore it to its natural color—and that is by stimulating the cells of pigmentation so that they function properly and supply the hair with the natural coloring matter.

The ordinary hair "restorer" is a dye or tint that merely colors the gray hair artificially. It makes the hair coarse and

brittle and the artificial color gradually wears away. But Tru-Tone, the wonderful new scientific discovery, actually restores the true color of the hair by strengthening and nourishing the pigment cells so that they once more function normally and supply the hair with natural coloring matter.

Wonderful for Thin Falling Hair Guaranteed Harmless

It was only after countless laboratory tests that Tru-Tone was discovered. It is a pure, delicately scented powder that you dissolve in water. It is positively harmless and will not injure the delicate hair. In fact, Tru-Tone will make your hair glossy, thick and beautiful at the same time that it restores it to its natural color.

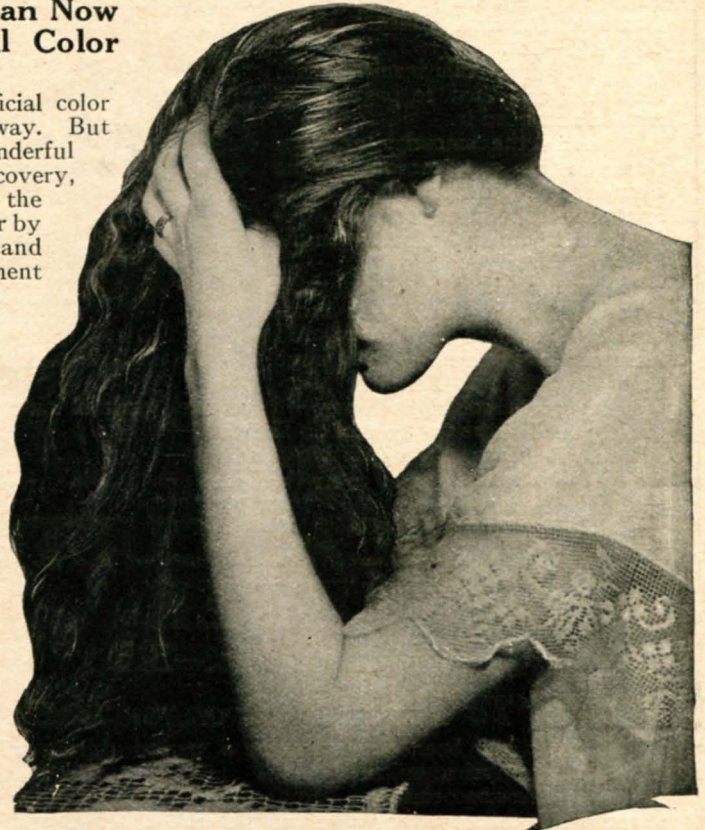
Tru-Tone is not a dye, or a stain, or a tint. It does not act on the hair at all but on the tiny pigment cells that supply the hair with color. These cells can supply the hair with only one color—and that is the natural color. If your hair was auburn originally, Tru-Tone will restore it to its auburn color. If it was blond, or brown or black, Tru-Tone will restore it to the exact shade and lustre it had in youth.

Special Free-Proof Offer

Nothing can so thoroughly convince you of the wonderful power of Tru-Tone in restoring the hair to its natural color as trying it. That is why we are

making the very special offer.

If you will fill in the coupon and mail it to us at once, we will send you a full-size carton of Tru-Tone. Don't send any money. And don't send a sample of your hair—Tru-Tone acts alike on all hair; it restores it to its



own natural color. Just send the coupon—but be sure to do it at once.

Mail Coupon Now!

When the postman delivers Tru-Tone to your door, give him only \$1.45 (plus postage) in full payment. This is a special introductory price—Tru-Tone ordinarily sells for \$3.00. You may send money with your order if you wish. If after a fair test you are not delighted with results, if Tru-Tone does not restore your hair to its original color, simply return what is left of it and your money will be refunded at once.

Clip the coupon and mail it now, before you forget. Bear in mind that this is a free-proof offer; the test of Tru-Tone need cost nothing if you are not absolutely delighted. Act NOW! Domino House, Dept. T-224, 267 South St., Philadelphia, Pa.

Domino House,

Dept. T-224, 267 South 9th St., Philadelphia, Pa.

You may send me a \$3.00 carton of your Tru-Tone. I will pay the postman \$1.45 plus postage. Although I am benefiting by the special introductory cut price, I am nevertheless purchasing the first carton with the absolute guaranteed privilege of returning it after a fair trial and you agree to refund my money if I am not delighted with the results in every way. I am to be the sole and only judge.

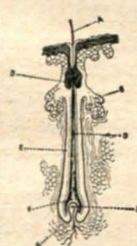
Name.....

Address.....

City..... State.....

If apt to be out when postman calls then send remittance right with this coupon.

Why Gray Hair Is Simply Hair Without Color.



The hair shaft (A) springs from a tube-like depression in the scalp called a follicle (E). The bulb (F) rests on a tiny tip of tissue called the papilla (H). The color of the hair is due to a pigment given off at the tip of this papilla. When sickness, worry or shock interferes with this pigment supply the hair blanches. To restore it to its natural color the pigment supply must be restored through a natural process. In the diagram B is the root, C the oil gland, D the root sheath and G the fat cells. Study the diagram and you will see for yourself why there is only one scientific way to restore the color of hair.

YOUR CHANCE TO HELP OTHERS

Have you read Bernarr Macfadden's stirring editorial at the beginning of this issue of PHYSICAL CULTURE? If you have, you surely will want to enroll in the work of spreading the idea of physical culture during National Physical Culture Week May 1st—8th.

If you missed this inspiring call, stop now and turn to page 17 to read it and heed it.

With all the sincerity and enthusiasm he can command, the Founder of PHYSICAL CULTURE, asks your cooperation in the wonderful work to which he has given his life.

If you have been touched by his teachings—if you have been benefited with renewed bodily vigor and increased brain power—if you have been helped by Bernarr Macfadden's gospel of right living—if you feel grateful and you are willing to aid your fellows to "go and do likewise"—

You will have your opportunity during—

NATIONAL PHYSICAL CULTURE WEEK MAY 1st—8th

"To Build A Stronger Nation"

This week has been designated as a period during which to "tell a friend about physical culture."

The business associates of Bernarr Macfadden are planning to advertise to the whole country, the value and pleasure of health and happiness.

May PHYSICAL CULTURE will be a special issue emphasizing the growth of the idea and a personal resumé of how physical culture helps to success.

This issue would be a pleasant personal present to some friend of yours.

There is no more powerful introduction and endorsement of a cause than a friendly offering to those you believe would benefit from it.

Therefore, "tell a friend about physical culture."

If you wish to do more than this, fill out the coupon below and send it to us so we can forward to you such material as you can and will distribute and display during National Physical Culture Week.



Spread the gospel of health

for you to further a cause that has brought you untold benefits, and to bring this life-giving influence to your fellow men and women.

Fill out the enrollment blank below and we will be glad to help you help others.

MR. EDWIN E. ZOTY, Executive Secretary,
Physical Culture Week Committee
119 West 40th Street, New York City.

I want to help others as I have been helped by physical culture. Tell me what I can do.

Name.....
Occupation.....
Member of Following Clubs.....
Street Address.....
City..... State.....



Tell a friend about physical culture

as Father's researches have shown, girls and women did get together and talk about sex with giggles and in whispers. The worst of it all was that neither men nor women had more than a superficial knowledge of sex; and they made matters worse by clothing the subject with horrid loathsome garments made filthy by vile imaginings. Father has told me that in all his researches he has never encountered a cult so soul and body destroying."

"Why," I cried in shocked amazement, "it is like the old attitude toward motherhood."

"Exactly," agreed Dorothy; "that was a part of it. In fact it had all sorts of ramifications. Father always speaks of it in his horror as the filthy monster that devoured the purity of the past. He says that pretense and hypocrisy were at a premium. Girls had to pretend ignorance in order to get credit for purity and innocence; boys had to pretend knowledge in order to have any standing with their mates, since boys were not expected to be pure and innocent. Everybody pretended to believe that man was made in God's image, and in the same breath they affronted the Lord by saying that the vilest thing on earth was the human body. It was made a crime not to wear clothes. They even had to wear clothing when they went in bathing. Isn't it so, William?"

William, who had listened to Dorothy with distended eyes and mouth agape, started as if awaking from a bad dream. "Certainly they wore clothing when they bathed in public," he gasped. "Don't they now?"

"Of course not," I answered. "Why should they? Were you referring to this when you spoke of the shameful way Mary and I went in bathing?"

"Ye-es," faltered William; and turned to Dorothy. "Do you mean to say that your parents would have allowed you to—to appear before us as you did at the fall?"

"Nude, you mean?" she asked; and smiled kindly. "My parents," she answered, "would have been horrified beyond expression if I had thought of my body at all. They would have been afraid that it was an outbreak of the old, dreadful cult."

"What has the world come to?" he murmured. "Have your own way," he went on. "I will go with Mary. I will make no more objections. I am anxious to see this strange new world."

CHAPTER VI

It was an angry Mary we returned to. William had agreed to say nothing of Dorothy to her, so that it was not easy to explain why we wished her to take William in her plane without telling a falsehood; and that I would not do.

I finally accomplished it by saying I had found my clay and wished to take

some of it back with me. And having had her promise to take William with her, I gave him an extra coat I had with me and hurried away to get Dorothy, having given my promise not to try to get too far ahead of Mary.

During my absence Dorothy had brought to my landing place such of her belongings from her plane as she thought necessary, so that all that remained to do was to put them into my plane, together with a sufficient quantity of clay for my purpose.

I have not dwelt on Mary's bitterness over the trick I had played her, but I may say that there had been a certain grimness in her expression that had alarmed me who knew her so well. Just what she would or could do in retaliation I didn't know, but I was anxious that she should not know about Dorothy until I had landed that sweet girl in her own home. Mary, in fact, would have been quite capable of trying to thwart my desire to return William to civilization as a punishment for my interest in Dorothy.

All this I had to represent to Dorothy to explain why I wished her to conceal her presence in my plane by hiding under a sort of canopy I arranged over her seat. She fell in with my plans, though she laughed merrily over the idea of my being afraid of Mary.

"She must be a very terrible person," she said gaily. "But I must admit that the trick you played her must have been mortifying. However we'll fool her. Only don't forget to arrange the telephone so that we can talk. I'd die if I had to keep still for so long."

I was as anxious as she was to talk. It would have been torture to be within sound of her sweet voice without hearing it; and I told her so. Her pretty confusion over my earnestness was delightful to me, and emboldened me to add. "The truth is, Dorothy, that I love you, and I don't want to lose any opportunity of trying to win your love. I know it is a great presumption on my part, but I hope you won't be annoyed."

"I don't see why I should be annoyed," she answered softly; "nor do I understand why you should call it presumption on your part."

"Dorothy!" I cried, taking her little hands in mine, "do you mean to tell me I may hope?"

"You may do more than hope, Oliver," she answered shyly. "I loved you the moment I saw you."

"You blessed girl!" I gasped; and the next moment we were locked in each other's arms, our lips close in a passionate kiss.

Of course we made no haste after that. I forgot William and I forgot my precious clay; nothing mattered but this wonderful love that had come into my life. And happily, Dorothy was as absorbed in me as I in her. I think that if it had been left to us we would have spent our whole

(Continued on page 87)

READ

these staggering FACTS

about

CONSTIPATION



Ninety out of every one hundred people suffer with constipation! Constipation is the direct cause of premature old age, lowered vitality and 90 per cent of all illness!

In nearly every case of constipation the cause is traceable to neglect in answering nature's call. Toxic poisons penetrate the intestine walls, polluting the blood, which

in turn poisons and affects every organ in the body. Nearly every case of diabetes and Bright's disease can be traced to constipation or intestinal poisoning, as can many cases of rheumatism, headache, brain fag, hardening of arteries and many other organic diseases.

Pills and cathartics can never afford you permanent relief. What you need is nature's most wonderful roughage—BRAN—Kellogg's Bran, cooked and krumbled—and delicious in flavor! Bran will permanently relieve mild and chronic cases when taken regularly—at least two tablespoonfuls daily; in severe cases, with every meal! It creates no habit! Your physical adviser will indorse Kellogg's Bran for constipation!

Serve Kellogg's Bran to the entire family as a cereal, with other cereals or in countless appetizing ways, such as in muffins, pancakes, raisin bread, etc. Recipes on every package. All grocers sell Kellogg's Bran.

Kellogg's

*Look for
this signature
H. K. Kellogg*

the original BRAN - cooked and krumbled

From Poverty To Riches





I STARTED WITH \$60
and built up a
\$100,000.00 Business

When I resigned my U. S. Army commission on July 19, 1919, I discovered that I was dead broke. Uncle Sam handed me a bonus of \$60. I am now the head of a \$100,000.00 corporation and another \$25,000.00 corporation. I am going to make more money than ever and you can help me while learning the secret of my success.

I DON'T CARE WHO OR WHAT YOU ARE—you may be established in a business or profession; at school or college; at skilled or unskilled work. I can help MEN and WOMEN to success, whether they retain their present vocations or apply themselves exclusively to the NEW OCCUPATIONS I can indicate to them.

Do you want to make big money in whole or spare time? I can help you. No! I have not discovered a mysterious unknown power; it is all so simple that any MAN, WOMAN, BOY OR GIRL who can read plain English will understand and appreciate it instantly. It does not require weeks of study.

Let me tell you, without obligation, the amazing story of my success and show you how my plan will benefit you.

WALTER MICHAEL BARRY
ECONOMY EDUCATOR CORP. (Dept. 4)
1664 BROADWAY, NEW YORK, N. Y.

SEND NO MONEY MAIL THIS COUPON or a Written Copy of Same

ECONOMY EDUCATOR CORP. (Dept. 4)
1664 Broadway, New York, N. Y.

Kindly send me Mr. Barry's story. Enclose copyrighted Economy Plan introducing 30 methods of making and saving money, personal efficiency secrets for business and social success, etc.

When the above is delivered to me I will hand the postman 65 cents to pay for preparing, postage, or save 15 cents P. O. fees by remitting 50 cents with this coupon, without further obligation. (No personal checks.)

If your terms which accompany it are satisfactory I will comply with same. I am to be the sole judge of this.

Name.....

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Swear Off Tobacco



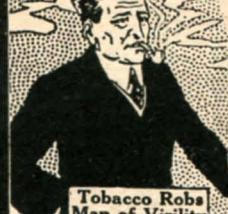
Tobacco Tells on Nervous System



Tobacco Ruins Digestion



Tobacco Stunts Boys' Growth



Tobacco Robs Man of Virility



Tobacco Steals from You the Pleasures, Comforts, Luxuries of Life

Tobacco Habit Banished Let Us Help You

Quick Results

Trying to quit the tobacco habit unaided is often a losing fight against heavy odds, and may mean a serious shock to your nervous system. So don't try it! Make the tobacco habit quit you. It will quit you if you will just take **Tobacco Redeemer** according to directions.

It doesn't make a particle of difference whether you've been a user of tobacco for a single month or 50 years, or how much you use, or in what form you use it. Whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff—**Tobacco Redeemer** will positively remove all craving for tobacco in any form in a very few days. Your tobacco craving will usually begin to decrease after the very first dose—there's no long waiting for results.

Tobacco Redeemer contains no habit-forming drugs of any kind and is marvelously quick, scientific and thoroughly reliable.

Not a Substitute

Tobacco Redeemer is in no sense a substitute for tobacco, but is a radical, efficient treatment. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the tobacco habit—get rid of it so completely that when you see others using it, it will not awaken the slightest desire in you—you should at once begin a course of **Tobacco Redeemer** treatment for the habit.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If **Tobacco Redeemer** fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded upon demand.

Let Us Send You Convincing Proof

If you are a slave of the tobacco habit and want to find a sure, quick way of quitting "for keeps," you owe it to yourself and to your family to mail the coupon at the right or send your name and address on a postal and receive our free booklet on the deadly effect of tobacco on the human system, and positive proof that **Tobacco Redeemer** will quickly free you from the habit.

Newell Pharmacal Company
Dept. 305 St. Louis, Mo.



Free Book Coupon

NEWELL PHARMACAL CO.

Dept. 305

St. Louis, Mo.

Please send, without obligating me in any way, your free booklet regarding the tobacco habit and proof that **Tobacco Redeemer** will positively free me from the tobacco habit or my money will be refunded.

Name.....

Street and No.....

Town.....State.....

(Continued from page 85)

vacation in that beautiful spot. But alas! there was Mary to reckon with; and the reminder of her came in the sight of her plane as it appeared in the eastern sky.

With a little cry Dorothy pointed to the plane as it showed through the foliage. We snatched a hasty kiss—well, it wasn't so very hasty, either—and Dorothy took her place in the plane. I arranged the concealing canopy over her, trying to make it look like a covering to a mass of clay; and then we started.

Mary fell in behind us and kept within a mile. At another time her presence would have annoyed me, but even Mary couldn't trouble me then. It was the most ecstatic trip I had ever taken, for Dorothy, taking advantage of being where I couldn't see her, talked freely, telling me those things so wonderful to lovers, though so foolish and unmeaning to others. I blush now when I recall the extravagant things she said of my personal appearance and of my qualities of mind and heart which she was sweet enough to credit me with.

I was sure that Mary all the while was trying to get into communication with me with her wireless telephone. Indeed I learned afterward, through William, that she was furious with me for not answering her calls. If she had suspected why I didn't wish to hear her voice!

Under ordinary circumstances, of course, I would have made several stops, for it is tiresome to sit so many hours; but I dared not risk letting Mary into my secret. If she had seen Dorothy and me together now there could have been no doubt in her mind of our relations; and I dreaded the results of her consequent jealousy.

The consequence was that I kept right on through the day and into the night until the lights of New York showed beneath us. Dorothy, who had thrown off the canopy as soon as it was dark enough not to be distinguished from Mary's plane, directed me so well that I had no difficulty in coming down in her father's back yard.

"Run in quickly, darling!" I murmured as I lifted her out and pressed a kiss on her sweet lips. "I must signal Mary so as not to lose William."

She ran into the house and I instantly adjusted my wireless telephone and called Mary. As I had supposed, she was hovering near, and came down beside me as soon as I had shown my red signal light.

As I helped William from the plane, Mary was flashing her light around, studying the place. "Where are we? Why did you land here?" she demanded sharply. "Any why did you hurry? There is something strange in your conduct, Oliver."

"There is nothing strange in it," I answered with a sharpness equal to her



The Price You Pay

For dingy film on teeth

Let us show you by a ten-day test how combating film in this new way beautifies the teeth.

Now your teeth are coated with a viscous film. You can feel it with your tongue. It clings to teeth, enters crevices and stays. It forms the basis of fixed cloudy coats.

That film resists the tooth brush. No ordinary tooth paste can effectively combat it. That is why so many well-brushed teeth discolor and decay.

Keeps teeth dingy

Film absorbs stains, making the teeth look dingy. Film is the basis of tartar. It holds food substance which ferments and forms acids. It holds the acids in contact with the teeth to cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. Thus most tooth troubles are now traced to film. And, despite the tooth brush, they have constantly increased.

Attack it daily

Careful people have this film removed twice yearly by their dentists. But the need is for a daily film combatant.

Now dental science, after long research,

has found two ways to fight film. Able authorities have proved their efficiency. A new-type tooth paste has been perfected to comply with modern requirements. The name is Pepsodent. These two film combatants are embodied in it, to fight the film twice daily.

Two other effects

Pepsodent also multiplies the starch digestant in saliva. That is there to digest starch deposits which otherwise may cling and form acids.

It multiplies the alkalinity of the saliva. That is Nature's neutralizer for acids which cause decay.

Thus every use gives multiplied effect to Nature's tooth-protecting agents in the mouth. Modern authorities consider that essential.

Millions employ it

Millions of people now use Pepsodent, largely by dental advice. The results are seen everywhere—in glistening teeth.

Once see its effects and you will adopt it too. You will always want the whiter, cleaner, safer teeth you see. Make this test and watch the changes that it brings. Cut out the coupon now.

Pepsodent PAT. OFF.
REG. U.S.

The New-Day Dentifrice

Endorsed by modern authorities and now advised by leading dentists nearly all the world over. All druggists supply the large tubes.

Ten-Day Tube Free ⁸³⁰

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Dept. 838, 1104 S. Wabash Ave.,
Chicago, Ill.

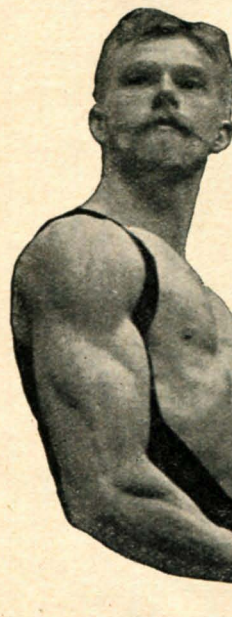
Mail 10-Day Tube of Pepsodent to

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Only one tube to a family.

DOUBLE YOUR STRENGTH! IMPROVE YOUR HEALTH LENGTHEN YOUR LIFE



THE SUCCESS OF YOUR LIFE depends upon YOUR HEALTH and STRENGTH. I guarantee that my system of condensed exercise will double your constitutional and muscular strength in two to four months. My many pupils all over the country will gladly testify to this.

Here is Proof. "After four months on the Automatic Exerciser I have more than doubled my muscular strength and the strength of my legs has nearly reached the capacity of the machine. I have never seen its equal as a muscle developer and strength builder. My stomach trouble is practically gone, my digestion is good, I have a hearty appetite and sleep well. My heart bothers me very little now. As a cure for constipation and indigestion the Automatic Exerciser is wonderful"—says H. N. Bitterick of Scotia, Calif.

Gained 14 Pounds in One Month

Mr. C. A. Blood of Lamony, Iowa, recently said: "When I sent the order for the Automatic Exerciser I weighed 148 pounds. After I had used it one month I weighed 162 pounds."

"I can see more improvement in one month with the Automatic Exerciser than in six months in the gymnasium," says Mr. W. A. Stephenson of Hattiesburg, Mississippi. "My digestion is better, I have gained weight, sleep better and feel better in every way. My ankle, leg, hip and back muscles are coming along fine."

"Reduced My Waist 11 Inches in Four Months"

writes William Donohue, Chief Special Mechanic, U. S. Navy. "That machine is a wonder. When I started I could just get the 300 pounds test off the floor; now I can really show you 1,200 pounds."

TEN MINUTES DAILY ON THE AUTOMATIC EXERCISER

will build up a wonderful degree of fundamental strength that will make life and work a pleasure. **IT WILL GIVE YOU a Clear Brain, Powerful Heart, Massive Chest, Strong Lungs, Fine Back, Powerful Shoulders, Strong, Well-Shaped Legs, a Wrist and Arm of Steel.** You quickly outgrow any mail course. The results are only temporary. You cannot outgrow the "AUTOMATIC EXERCISER." Its use does not "use up" your vital energy. It generates **MORE VITAL ENERGY.** My system and machine keep you always in good condition. The progressive scales keep you interested.

Like the heart, which has a rest between each beat, so in my system there is a resting pause between each contraction of the muscles. This enables you to develop a superior physique without undergoing the strenuous and exhaustive training which the ordinary gymnasium methods require. The patented mechanism of the Automatic Exerciser induces complete relaxation in the nerves and muscles and develops great strength and flexibility in the joints. It will permanently cure any case of "muscle bound" condition in a short time.

If you want to double your strength or if you are battling with functional weakness in any form, send for

"LIFE'S BACKBONE"

which gives a full description of the Automatic Exerciser, how it works, what it will do, etc. **DON'T JUDGE MY MACHINE UNTIL YOU HAVE READ THIS BOOK-LET.** I will send it on receipt of 4c. postage. Kindly spell out your name and address plainly.

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Suite 306-K, 1947 Broadway, New York City



Resistance on abdomen increases automatically



Overhead exercise for straightening and strengthening spine and shoulders



Massage and exercises the small of the back



Wrist and upper arm

own. Her masterful ways had always been disagreeable to me, and now they were doubly so. "Mr. Mason lives here. He is an historian. I wanted him to meet William."

"I never heard of him," she snapped.

Evidently her temper was very short; and it was plain that she suspected something, for she had leaped from her plane and was examining my plane with her light, peering closely at the cloth I had used as a canopy to cover Dorothy.

"No doubt it will be a sad blow to him to know that you never have heard of him," I said sarcastically, "but he may survive it."

Perhaps it wasn't a wise thing to say, but I was too much annoyed to be wise. However she didn't seem to notice my words, but broke out, "I thought you wanted the room in your plane for clay. What did you have in it?"

"Mary," I cried, "I don't like your tone. It is none of your business what I had in my plane, but I don't mind telling you that I had a passenger. Now I hope you are satisfied."

"No," she snapped, "I am not satisfied." And then she startled me. I had never credited her with the least imagination, but she showed then that she had some. She sprang in front of me, and her voice shook as she cried out, "Your passenger was a girl!"

"Very well!" I returned, my patience gone, "it was a girl."

"You went out there to meet her," she asserted. "And you lied to me when you said there was no other girl."

"I did not lie," I contradicted her. "I never saw her until this morning. I knew nothing about her when I left you. But I know about her now. I love her, and she is going to be my wife."

"What?" she screamed, a terrifying note in her voice. "And she is in that house?"

"Yes, she lives there," I answered.

"Oh-h-h!" she gasped; and the next instant she was running toward the house.

"For God's sake! stop her!" cried William. "She's mad with fury! Dorothy!"

I barely heard him, for I was already racing after her. My heart was in my throat. I knew Mary's violent temper.

The next installment of "Love and Marriage 100 Years from Now" will appear in **PHYSICAL CULTURE** for May.

Are You a Back Slider?

NATIONAL Physical Culture Week, May 1st to May 8th, is going to be a great week for back sliders. Probably you are not one, but perhaps you know of one. Here and there is a one time sincere physical culturist who has grown careless, thoughtless, negligent—a back slider. Physical Culture Week offers a good opportunity for getting the religion of physical culture all over again, starting new, and shortly feeling like a new man or woman.

Only **\$4.00** Down



BRAND-NEW, FACTORY TO YOU BIG SAVING—FACTORY PRICE

Buy a brand-new, unused typewriter—at a price never equalled on a full-size standard machine.

A Mechanical Marvel

This typewriter is unexcelled in the quality of work it performs, meets the speed tests of the most expert typists, is so simple and sturdy in construction that it will last a business lifetime, and is **fully guaranteed.**

Standard In All Features

Full size, 4 rows of keys, single shift, tabulator, 2 color ribbon, back spacer, entirely visible.

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This typewriter embodies the ideas and experience of mechanical geniuses who have been making typewriters and typewriter improvements for generations.

Ten days' free trial. Small monthly payments like rent.

Send coupon today for full information about the greatest of all typewriter offers. Don't miss it. Act now.

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Send me complete information about your wonderful typewriter offer. This places me under no obligation.

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Vitality, Energy, Endurance, Nerve Strength, Muscular Strength, Perfect Physique?

My FREE BOOKS, "The Whys of Exercise" and "The First and Last Law of Physical Culture," tell you, if you are weak or underdeveloped, how to grow strong; if strong, how to grow stronger. They explain how to develop the lungs and muscles, a strong heart and vigorous digestion—in short, how to improve health and strength internally as well as externally. **SEND TODAY—NOW—for these FREE BOOKS.** Enclose 6c in stamps to cover postage.



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The Magic of Modern Chemistry

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Evacuates Pores and Purges Skin of Every Impurity in An Hour; A Beautiful Skin Now Mere Matter of Personal Cleanliness

By WILLIAM R. DURGIN

WOMEN, give thanks to Mr. McGowan—an English scientist scarce out of his twenties. His discovery means every woman can have her skin and complexion made beautiful while she waits.

After five years of experiment, an element has been found that *physics one's skin*. Its action is gentle, but positive. Its use is delightful, not distasteful, for it is applied outside. Put it on; slip into your easy chair to dream or doze; in less than an hour the skin pores move. Impurities that are clogging your facial pores come out as if squeezed from a tube. It's a wonderful feeling, this flushing of the pores. They tingle with relief and relaxation. When you pick up your handglass you'll almost drop it with surprise—for the new bloom of color and velvety texture of skin are simply marvelous. Such is the magic of modern chemistry. It *always* works, because it is *Nature*.

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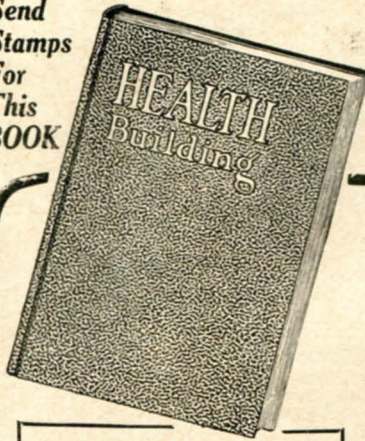
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Fighting the Wrestling Trust

(Continued from page 31)

wrestler who appeared. The only reply made by the "trust" to this bona-fide challenge, was that they did not like Mr. Macfadden any better than they liked me. Mr. Macfadden then secured Jack Taylor, champion of the Pacific Coast and Canada, a man whom the "trust" had also refused to meet. These two giants of the mat met in Madison Square Garden on May 9th, 1919, Plestina winning in straight falls. Feeling that it was useless to spend more time with the "trust," Macfadden returned Plestina to me and I continued my battle against them. Once again I had proven that their excuse for not meeting Plestina was not their real reason.

A year later in the spring of 1920, Plestina and I returned to New York. At this time the Army and Navy were raising funds for athletic equipment. I offered Plestina's services gratis to meet any four of the "trust" grapplers for the benefit of the fund. This offer was run in nearly all the New York papers and nothing came of it. The "trust" wrestlers refused to meet him even for so worthy a cause.

At this time, Caddock, Stetcher, Lewis, and Zhysko had met each other over sixty times, each holding the championship, and each winning and losing about an equal number of times. The matches had been won and lost in every conceivable way. Some of them ended in fouls, fake fights, some one getting hurt, one and two hour decisions without a fall, and draws. Once in a while they were decided by falls, and sometimes they would bar some certain hold so that the defeated wrestler could alibi himself for losing, and win the next time. These matches were "pulled off" in New York, Boston, Montreal, Norfolk, Va., Chicago, Kansas City, Mo., Lexington, Ky., Sioux City, Iowa, Des Moines, Iowa, and Omaha, Nebr.

In January, 1921, we again set sail for New York and started hurling challenges at the "trust." The papers ran many challenges for us, but the "trust" was ready with another excuse, saying this time that Plestina was no drawing card and would not draw enough of a crowd to pay a promoter for putting on the match. Wherefore, I started out again to prove that their excuse was only an alibi for not meeting him, thus permitting them to cover another season's work amongst themselves, with their brother acts and "roly poly" stuff. Through my friend, Mr. "Al" Copeland of the New York Telegram, one of the best known sporting editors of America, I secured a meeting with Mr. Tex Rickard, going over the wrestling situation thoroughly with him. He promised that he

(Continued on page 92)

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(Continued from page 90)

would book Plestina. I signed a contract with him to the effect that Plestina would meet any wrestler he picked, no one barred, the winner to take all of purse or wrestler's share of gate if he wished. Mr. Rickard announced through the press and also by wires and letters direct to "Strangler" Lewis, Stanislaus Zbyszko, and Joe Stetcher that he was ready to promote a match between any of them and Marin Plestina and that he would give a purse of twenty-five thousand dollars for the match, or fifty-five per cent. of the gross, and that in addition to this, he would give a gold belt emblematic of the world's championship to the winner. I will add right here that this is the largest bona-fide offer ever made for a wrestling match by a bona-fide promoter. But even this tempting offer could not induce any of these self-styled champions to meet Plestina. And once again we had shown up another of their excuses as false.

At this time Lewis was holding the "trust" championship for a spell, but he ignored all of Rickard's telegrams asking him to meet Plestina. On March 24th I posted one thousand dollars with the Brooklyn Daily Eagle of Brooklyn, N. Y. challenging Lewis to meet Plestina, all of Plestina's share of gate to go to the American Legion, and the one thousand dollars I had posted also to go to them when Lewis entered the ring. This challenge was run in the Eagle every day for two weeks, but Lewis would not accept. Soon after this, Lewis met Stanislaus Zbyszko, the new member of the "trust," and lost the "trust" championship to him. I then wired the Brooklyn Eagle that the same offer was open to Zbyszko. The Legion wrote many letters to Mr. Jack Herman, manager of Zbyszko, but so far, by flimsy excuses he has evaded a meeting. The offer at the present time is still open, and the Legion is trying hard to get Zbyszko, but I hardly expect they will succeed. I have been told by those close to the "trust" that never will they pit the man holding their championship against Plestina. Many papers and magazines have taken up our side of the fight, and so thoroughly convinced were the New York State officials that the wrestling game needed supervision, that they passed a law putting it under the same Commission as boxing. This, in my estimation, is the greatest step ever made for the good of the sport in the history of the game.

The commissioners have been so firmly convinced of the genuineness of Plestina's claims that they honored him with License No. 1. Also I have received word from Mr. Tex Rickard that he will give Plestina the first booking in Madison Square Garden when the season opens this fall. It looks very much as though the "trust," so far as New York State is concerned, will be broken up. Alderman Antone Cermack of Chicago made the remarkable statement that Chicago also

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Please send me the Yankee Violet Ray outfit by mail or express collect—\$7.75. I am to use this outfit for 5 days and if I am not satisfied with it you are to return my money upon your receipt of the outfit in good condition.

Name
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has given warning that the days of the Hippodrome in that city are over. There is no question in the world but that the public is being fleeced by hippodrome matches and set-ups for the men who are posing as champions. Alderman Cermack further declared: "I have been officially informed that the wrestling 'trust' has established a blacklist. I know that Marin Plestina has been barred. But wrestling is not going to be tolerated in Chicago where the wrestlers and promoters operate under a blacklist. If they can blacklist, so can the city blacklist. If these wrestlers are on the square they will meet Plestina, because nine out of ten wrestling fans believe Plestina can defeat them all. I understand that an ordinance has been passed by the city officials which calls for wrestling to be put under a Commission in Chicago."

With wrestling under Commissions in New York and Chicago it looks very much as though the wrestling trust would be broken, and the long reign which it has had will soon draw to a close. Plestina and I have had a hard four years' battle, much harder than anyone will ever know. In this article I have merely touched on a few of the most important things. America has always prided herself on her fairness in everything pertaining to sport and yet for over four years, a man admitted by many wrestlers and other great judges of the game to be one of the very greatest the game has ever known, has been kept from competing for the championship simply because he refused to do the bidding of a few men who had banded themselves together to hog the title and most of the money derived from the game. I am not the only one to brand these men as a "trust." Dr. B. F. Roller in his article in PHYSICAL CULTURE in March, 1919, also named the same men that I have named in this connection. They have never denied the allegation.

The season of 1922 is now open. The "trust" is dying hard. I am told from inside their own circle that they are scouring the earth to get a man who can defeat Plestina. They dare not match any of their own pets. I am told that they have the great Youssif Mahmoud in the best shape of his career, that he has been training all summer with men who are teaching him Plestina's style, and that early in the coming season they intend to pit him against Plestina. Mahmoud is the wrestler whom Frank Gotch turned the championship over to when he retired, and is one of the very greatest wrestlers that has ever lived. Well, Plestina bars no one and we are always ready. Let us hope when the season of 21 and 22 is over there will be no "trust," that all wrestlers will be allowed to contest on their merits, and that none will be controlled by managers and promoters who are in the game solely for money, not knowing a full-Nelson from a full-moon. The outlook is promising. The era of wrestling reform is in full swing and we are putting forth every effort for its success.



Vera Roehm's Message to Women

Noted health and beauty specialist says you can have a good figure and perfect health

You can become the woman you have always wanted to be. I mean just that. No matter what you weigh now, no matter how bad your nerves may be or how poor your health, I can positively help you.

By following my instructions you'll soon reach your proper weight, you'll forget that you were ever sick or nervous, and you'll attain a rare grace and poise that will make you more charming than you ever dared hope.

RESULTS QUICKLY ATTAINED

But the most amazing thing about these methods of mine is how quickly results are attained. That is because every exercise, every paragraph of instructions, has special work to do. No words are wasted in useless explanations. The exercises and other methods used by famous stage beauties to improve their figures and maintain their health are now offered for the first time at a low price. And I absolutely guarantee that these methods, which are helping thousands of other women, will help you.

IN YOUR OWN ROOM

My instructions may be practiced in the privacy of your own room with but the expenditure of a few minutes each day. No extras are required—the price you pay for my course, "Womanly Charms" covers everything. Simply follow the easy instructions I lay out and in a few weeks, you'll notice a wonderful change in your figure and a new spring in your step. Your bust will become firm and shapely and you'll quickly reach your correct weight.

"WOMANLY CHARMS" TELLS HOW

"Womanly Charms" is the title of my course. Follow the instructions contained in it and you will be a happier, shapelier, healthier woman than you ever dared hope. Every exercise is illustrated by beautifully posed photographs of myself. All instructions are clearly and interestingly written. Some of the subjects are:

Proper breathing, advantages of systematic stretching, acquiring a perfect waist-line and overcoming rounded shoulders and weak spine, acquiring shapely neck and shoulders, reducing and increasing the weight to normal, beautifying the bust, securing graceful hips and developing the thigh and calf. Also splendid stomach exercises to eliminate constipation and indigestion, how to secure proportionate development, prevent insomnia, and develop a pleasing personality.

\$2.00 FOR LIMITED TIME ONLY

The price is so extremely low, the scope of the course so wide and each subject covered so completely that every woman should order "Womanly Charms" at once. It is a duty you owe to your husband if you are married, to your friends and, most of all to yourself.

Of Special Interest

is the fact that anyone ordering this course can get my personal advice on any subject not covered in it.

MY GUARANTEE

If after following the instructions contained in "Womanly Charms" for 5 days you are not more than pleased with it, you may return it and secure a complete refund of your money.

This is your opportunity to become a happier, healthier and physically better woman. Accept it to-day by sending a money order, check or \$2.00 in cash (by registered mail) to

VERA ROEHM

Suite 402-D, 500 Fifth Ave., New York City

The publishers of this magazine will gladly assure anyone of my absolute responsibility.

British Agents: W. T. EDGAR & CO., Ltd.
51 and 52 Chancery Lane, London, W. C. 2



Club Swinging Gave Me 25 Pounds of Muscle

(Continued from page 53)



Figure 7

Figure 7 shows a limbering up, and strengthening exercise for wrists and fingers. Allow clubs at start to stand upright, then let them drop towards body, as shown, making a small circle. The movement will carry the clubs again to starting position. Keep this up twenty to thirty times, rest and repeat.

to be getting too light for you. We may call this system "Progressive Indian Club Swinging."

Club swinging will make you breathe more deeply, and expand your lungs more fully, a cardinal and foremost point in a healthy physique.

There are four general methods of breathing: there is high or collar-bone breathing; second, mid-rib or intercostal breathing; third, deep, low or abdominal breathing, and fourth, the complete breath.

The trouble with all the methods of breathing, other than complete breathing, is that in none of those methods does the lungs become filled with air to full capacity. At the best, only a portion of the lungs is filled, even in low breathing. High breathing fills only the upper portion of the

lungs; mid-breathing fills only the middle and a portion of the upper parts. Low breathing fills only the lower and middle parts. *It is evident that any method that fills the entire lung space must be far preferable to those filling only certain parts.*

Complete breathing includes all the good points of high breathing, mid-breathing and low breathing. It brings into full play every part of the lungs, every air cell, every respiratory muscle. It comprises all the advantageous features of the three other methods, plus the advantages accruing from the combined action of the high-chest, mid-chest and diaphragmic regions, and the normal rhythm thus obtained.

In practicing the complete breath, inhale steadily through the nostrils, first filling the lower part of the lungs, which will push forward the front wall of the abdomen. Then fill the middle part of the lungs, pushing out the lower ribs, breast bone and chest, then fill the higher portion of the lungs, protruding and lifting the upper chest. You will find it quite a help to you if you will practice this breath before a large mirror, placing the hands lightly over

the abdomen, so that you may feel the movements. At the end of the inhalation, it is well occasionally to elevate the shoulders slightly, thus raising the collar bone in allowing the air to pass freely into the small upper lobe of the right lung, which place is sometimes the breeding place of tuberculosis.

After swinging Indian clubs for a while, no effort will be necessary to keep your chest expanded. You will do so unconsciously even when sleeping. Each morning when you get out of bed, dance on your toes a few minutes, and smile, smile, (even if at first it should be only a grimace)—the most expansive smiles you are capable of, during the time you are dancing, and, of course, smile frequently during the day, even when you are in trouble or think you are in trouble.

Club swinging will help you to let alone or quit any stimulants, for you will not need them, feeling so fine and fit, physically as well as mentally.

As to eating, don't eat unless you are hungry. Don't think you have to eat something to keep up, or give you strength. On the contrary, when not really hungry, the food you eat will only weaken you, because it will not be assimilated, and only takes that much more of your energy to eliminate.

Do not bolt your food. Masticate it slowly, allowing it gradually to melt away in the mouth, as you would a lump of sugar. After fasting for seven days you will acquire the habit of eating in this way quite easily and naturally. Avoid rich dishes, do not eat too much fat, beware of the frying pan, do not eat too much meat.

If possible, take a little exercise before breakfast. If you feel "out of sorts" do not be afraid to "cut out" a meal and give the body a chance to get rid of what it has on hand. You don't have to eat much meat. I have gone for months during hard training, such hard training that everybody thought it would kill me, without tasting any meat. One quart of milk a day, with bread and butter and two oranges or apples, has been my daily diet for months at a time, even in the coldest part of the winter. A crust of dry bread will do you more good, give you more strength, and you will enjoy it more when exercising regularly, than a champagne supper when not hungry. For it is not what or how much a man eats, but the amount that he assimilates that nourishes him, and the plainest and coarsest food is always the most wholesome.

Sleep, or spend in bed, at least eight hours regularly. If troubled with insomnia, don't try to go to sleep, but assume the mental attitude that you do not care whether you sleep or not, that

(Continued on page 96)



Figure 8

The different swings so far have been in opposite directions. Now we come to the parallel swings. Assume the position above, swing down to right, around and up again. Without stopping, swing the small circle behind your head, as in Figure 9. As you complete small circle, come again to the starting position for the large circles. Repeat six to eight times.

The two time parallel swing to the right is similar except that you swing downward to left.



Figure 9



Are YOU Old at Forty?

What you should know about the
Glands of your body

You have observed that some men of 70 appear to be younger in vitality than other men of 40 to 50. There is a vigor, an alertness, a commanding appearance much admired and coveted by the man who knows he is much younger in years. Perhaps the most common cause of ebbing strength and vigor which takes the spring out of the step and confidence out of the bearing, is the disturbed condition of an important gland. Even men of iron constitution are not exempt from the slow decline which is the result of this amazingly common irregularity. For those who would like to know its characteristics we have published, for limited complimentary distribution, an ethically accurate, educational, interesting book.

Prostatology

You may have a copy by simply requesting it. Its message may prove of unsuspected value to you. It clearly explains this vital gland and its functions, and how its disturbed condition may cause sciatica, backache, painful and tender feet, interrupted sleep, and other extremely uncomfortable and often serious conditions. It will tell you of Thermalaid, a simple means by which the essential of a new hygienic principle, done into convenient form, corrects this prostate gland condition and its attendant health faults. (One should not confuse this new idea with massage, movements, diets, electric rays, drugs, etc.) Followers of the great Metchnikoff and other investigators in the science of long life endorse this means. The record of its successes, covering a period of nearly five years, is incontrovertible. The book is free. Simply address

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Please send me, without any obligation, a copy of your free
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are a new means of applied hygiene, and therefore ethical. This is proved by the fact that hundreds of reputable physicians use and prescribe them. They are so simple to use, so understandable that the use of them has proved safe in the hands of the public. Their success has gained the highest commendation from men of prominence in health circles.

Here Is the Proof:

Ontario, California,
August, 23, 1921.

The Electro Thermal Company,
Steubenville, Ohio.

I have always been inclined to discount testimonials, but I have no hesitancy in saying (in the interest of fellow sufferers) that the faithful use of your appliance for the treatment of prostatic troubles and constipation, has brought to me a wonderful relief from suffering and worry. This testimonial is entirely unsolicited.

Yours truly,
N. EATON.

The Electro Thermal Company, Pottstown, Pa.
Steubenville, Ohio.

I have given your Electro Thermal Apparatus a very fair trial in treating PILES, PROCTITIS, CONSTIPATION AND PROSTATIC TROUBLES. So far I have had gratifying results. Your device relieves pain in the rectum in cases of Piles, etc., and overcomes constipation. Piles yield promptly to the application of heat which your apparatus produced. I had one case of SUB-ACUTE CYSTITIS that was very much benefited by the treatment, though you do not lay claim for anything in that line. It is certainly a very useful Electro Thermal applicator, and no up-to-date physician who is interested in the treatment of rectal troubles should be without it.

Yours truly,
W. O. SMITH, M. D.

Lawrence, Kansas.

The Electro Thermal Company,
Steubenville, Ohio.

The Electro Thermal appliance is an EXCELLENT INSTRUMENT FOR THE TREATMENT OF RECTAL AND PROSTATIC CONDITIONS, and the most satisfactory rectal appliance I have ever used. The instrument itself is HIGH GRADE and simple to operate. I am very well pleased with the results produced through its use.

Yours truly,
DR. R. C. ALBRIGHT.

Boise, Idaho,
June 5, 1921.

The Electro Thermal Company,
Steubenville, Ohio.

Having now used the Electro Thermal treatment for three months, do claim it has been of great benefit to me. It gives quiet and rest to my tortured stomach and bowels, which worried me more than tongue can tell. It has saved the price which I paid for it, in medicine, which did me no good. Also quieted aches of the generative organs.

Bad stomachs and bowels like mine need this Electro Thermal treatment. I am very, very thankful to you and think others may be happy after giving Electro Thermal treatment a trial. Yours truly,

J. W. LOFTON.

Canton, Illinois,
July 27, 1921.

The Electro Thermal Company,
Steubenville, Ohio.

The appliance I bought from you some time ago for enlarged prostate saved me from an operation. It also helped my digestion and rheumatism. It is a god-send to suffering humanity, a trial will convince the most skeptical. You may use this as you see fit with my signature.

Yours truly,
R. F. COX.



**"You should have
Good Health and
a Perfect Figure—
and you CAN"
says
Annette Kellermann**

I wish I could speak with you personally, it would be so much easier to convince you.

I could tell you all about my own experience; how, as a girl, I was puny and underdeveloped; how, by devoting myself to a study of my body, I gradually perfected my figure, health and appearance to such an extent that **I became known the world over, as the PERFECT WOMAN**—Think of it.

I could show you how the very methods that did so much for **ME**, can perfect **YOUR** figure, increase **YOUR** energy and improve **YOUR** health and general appearance; how they can do all this **without the use of drugs or apparatus, and in the privacy of your own room, for only fifteen minutes each day.** I'd give you proof conclusive, from the hundreds of cultured and refined women who have followed my methods with such remarkable success.

Even if I can't meet you personally, I can do the next best thing, for I know you want to find out more about a system that can do so much for you.

How you can find out

I have written a little book which I want you to read. It is called **"The Body Beautiful"** and is illustrated with photographs of myself. This little book, which you may have for the asking, outlines my system and explains my methods frankly and clearly. It proves that there is a way to good health and a perfect figure.

Send a two cent stamp now and **"The Body Beautiful"** will reach you by return mail.

You owe it to yourself at least to investigate.



ANNETTE KELLERMANN
Suite 964R, 29 West 34th St., N.Y.C.

(Continued from page 94)

you are perfectly relaxed, enjoying a good "loaf" in bed. Practice complete breathing. Imagine yourself a tired child, which relaxes his body and forgets he has a mind, and you will sleep like a child.

Don't use any stimulants, such as tobacco in any form, alcoholic drinks, nor tea and coffee, because they will only whip up your nerves for a little while. You have to pay when the reaction sets in, of course, and you will feel bad for a much longer period.

Drink plenty of water, for water is one of the greatest means of maintaining normal health. A large percentage of sick people are sick because of their lack of the fluids which the body requires. About 70 per cent. of our physical body is water. A certain amount of this water is constantly being used up by our systems and every ounce that is used up must be replaced by another ounce, if the body is to be kept in a normal condition.

Perspiration is the term applied when the water is continuously evaporated from the skin. Experiments have shown that when perspiration is prevented, the animal dies. In one of the festivals of Ancient Rome a boy was covered with gold leaf from head to foot, for the purpose of representing one of the gods—he died before the gold leaf could be removed, the perspiration being unable to penetrate the varnish and the gold leaf. Perspiration is shown by chemical analysis to be loaded with the waste-products of the system, the refuse and filth of the body, which poison it and bring disease and death as a consequence if they are not eliminated. Persons who do not drink sufficient water are almost invariably deficient in their supply of blood. They are nearly always sufferers from constipation—and constipation brings with it a myriad of other disorders. Over two quarts of water daily is necessary for the average normal man and woman.

Take as cold a bath as you can stand each morning, starting with tepid water and then changing gradually to cold, as you are hardening up. The water doesn't have to be ice cold, just cold enough to give you a little shock, so that your skin will get used to sudden changes of temperature. Even the temperature in a well-ventilated heated room in winter should not be the same all of the time, but should be lowered once in a while by opening the windows, not only for ventilation, but so that your skin won't lose the adaptability to sudden changes of temperature. When bathing, wet your chest and head first, then quickly submerge the whole body. Don't go in slowly, or the blood circulation will be disturbed. Rub your body all over with your hands, massaging the water into the skin, submerge again, follow with rubbing and keep this up for a while. The idea is to massage with fresh water. You may not like this at first, especially when very sensitive, but



GET THE WHOLE TRUTH

When you consult your physician and he prescribes high frequency (Violet Ray) treatments for an ailment, you accept his judgment. You have confidence that it will cure you because you believe the doctor knows.

But doctors are not the only people who urge you to use High Frequency outfits. And some of the claims made are hard to believe.

Do you want to know the truth?

Read what Dr. S. H. Monell, M. D., says about it in his book "The Truth About High Frequency." He tells you in language that anyone can understand just what High Frequency Electric Currents can and cannot do for you. He is an acknowledged authority on electric therapeutics who tells the whole truth about the Violet Ray.

SEND for THIS BOOK

Slip a dime into an envelope and enclose the coupon below for an unbiased, authoritative statement by one who knows what the Violet Ray can actually do.

We can refer you to dealers who will demonstrate reliable Vi-Ray-O outfits

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Enclosed find 10c for "The Truth about High Frequency."

Name

Address

City..... State.....

after a while you will enjoy the procedure.

Those who wish to become exceptionally strong should remember that the heart can be strengthened just as well as any other muscle by systematic exercise. Club swinging is the best way. My own case is a good example, because you either swing in rhythm with the heart beats, or the heart adapts itself to the rhythm of your movements when you swing the Indian clubs for hours. I am certain my heart became completely well and strong by club swinging. To no other factor can I give credit for this most important improvement in my health.

Rupture becomes impossible by systematic training and progressive daily exercise. The whole body, with every fibre in it, will become strong and tough, so that you can stand an enormous strain in emergencies. It is my thought that the most ancient form of physical culture was undoubtedly club swinging, for was not the earliest weapon of defense of our remote forefathers against the various beasts of prey a club of some form or other? And before going out hunting wild beasts, or previous to advancing against the enemy in battle, our ancient forefathers undoubtedly tried out their weapons first. And for the sake of that hollow-chested, pot-bellied, weak, constipated, short-lived, drug-, alcohol-, tobacco-, and other stimulant-addicted portion of our mankind of to-day this form of physical culture should never have been discontinued, should not be one of the Lost Arts.

What Physical Culture Stands For

IN anticipation of "National Physical Culture Week", May 1st to 8th, let us briefly summarize what physical culture means.

Physical Culture stands for manhood and womanhood.

Naturally, therefore, Physical Culture stands for the things that characterize true manhood and true womanhood.

And the thing that make for manhood and womanhood.

Which means that Physical Culture stands for clean living. Physical Culture stands for vigorous living, for a wholesome scheme of life that will ensure abundant physical energy, robust health, clean blood, a clear skin, a clear eye, and above all, a clear head.

The Physical Culture life requires physical activity, clean, honest, natural, blood-heating foods, plenty of sleep under healthful conditions, pure air, outdoor life, wholesome recreations, and freedom from all debilitating dissipations or narcotic poisons.

Physical Culture, in short, means all of those factors which help to build either a stronger nation on the one hand, or a stronger, finer, cleaner man or woman on the other.



Worth \$100

I think your course is better than a trainer, because it covers so many methods of offense and defense. It is worth \$100 to any man who wants to get by without getting beaten up, and hold his own among men.
P. W. Williams,
Box 667, Virginia, Minn.

It costs only \$3⁸⁵ to become a GOOD BOXER!

Only \$3.85 to make you a good boxer—able to put the gloves on with the best man in your club or gym and more than hold your own!

Only \$3.85 to learn all the blows and guards developed by the top-notchers—the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift, the Stanley Ketchel One-two blow, etc.

Only \$3.85 to get the same system of training famous Professor Mike Donovan used when he was boxing instructor at the New York Athletic Club!

All the fine points in feinting, ducking, clinching, footwork, and timing used by the best professionals. Training in Shadow Boxing. The best holds in wrestling and jiu-jitsu, showing how to disarm an opponent, how to use the Stecher Scissor Hold, the Gotch toe-hold, etc. And a complete system of breathing and muscle-building exercises to develop you physically.

It would take you months to learn all this by old methods of training. But in the Marshall Stillman "Short-cut" System, the lessons are reduced to the simplest movements, each movement is described in detail, and every blow posed for by two expert boxers. You don't have to know a thing about boxing to begin with. You don't even need a sparring partner at the start. Only 15 minutes a day with this professional course will make you a good boxer in a very short time.

Many pupils have outboxed older and bigger opponents after only two weeks of training!

Marshall Stillman lays special emphasis on the fundamentals. For instance, to have force, a blow must be struck with the entire weight of the body behind it. You learn how to do that in the very first lesson. Then you're taught how to land the different types of blows, such as swinging blows, Corkscrew Blows, etc. The fundamentals of guarding, ducking, clinching and footwork are mastered before you're taught the more complicated blows and guards. No detail has been overlooked. You're even taught the correct way to make a fist, a thing that few men do right without proper training.

In the Shadow Boxing Marshall Stillman has cleverly combined the best blows and guards into three lively rounds. You'll get great fun out of this work, and it develops wind and speed.

The training in jiu-jitsu and wrestling is designed especially for self-defense. If you are attacked by a thug, any one of these holds may prove invaluable—especially if your assailant is fully armed.

The value of this course cannot be measured by its price. The testimonial above says it is worth \$100. Others have told us it's worth \$50, some say \$25. Surely you will admit that it's worth \$3.85 to become a good boxer and a master of self-defense. We make this liberal offer:

SEND NO MONEY

Simply fill in and mail the coupon. The course will come to you at once. On its receipt hand the postman \$1 merely as a deposit. Then use the course for 10 days—try it out thoroughly. At the end of that time either send us \$2.85 more, or return the course, and we'll send your dollar back.

Mail the coupon now to Marshall Stillman Association, Dept. 1022-D, 42nd Street and Madison Avenue, New York.

Marshall Stillman Association, Dept. 1022-D, 42nd St. and Madison Ave., New York

You may send me on approval the Marshall Stillman Course, price of which is \$3.85. Upon its receipt, I agree to pay the postman \$1 as a deposit. It is understood that I am to pay the balance (2.85) or return the course within 10 days after I receive it. If I return it, you are to refund my dollar.

NOTE—Canadian and foreign orders must be accompanied by cash (\$3.85 U. S. funds) subject to money back if not entirely satisfactory.

Name.....

Address.....

Mail this Coupon

Clothes and Chastity

(Continued from page 55)

Children may know a little about sex, but only a little. And the subject is so essentially nasty that it must be handled very, very carefully. How sweet and pure to tell an inquiring child that a stork brought baby brother! Or that maybe the doctor had it in his hand-bag! Or, if the parent objects to lying to the child—some parents do—then take a pretty flower and tell the yawning little one about pollen and pistils and such like things. How sweet!

How absurd! Why turn from the bald lie to the silly subterfuge? There is only one reason, and that is that the filthy attitude toward sex makes even the truth regarding it seem nasty and shocking. That parents do not realize the terrible injury they are doing their children is an amazing tribute to the power of superstition; for this filthy attitude toward sex is based on superstition. And such a superstition! That the most important act of the Creator, the one upon which life is based, was so vile and filthy that it must not be discussed in terms of truth, but always lied about!

Parents have all gone through the debasement and degradation to which they are subjecting their children. They were lied to by their parents; their expanding minds were steeped in eroticism bred of mystery and suggestion; they were mistaught at home only to be nastily enlightened on the street. And yet they go right on in the old evil way. Not all, of course, but still too many. And of them who can see the error of the old way very many lack the courage to boldly take the better way of outspoken frankness. Banish the shy whisper and the embarrassed glance when speaking of these things to the children; for the value of the truthful word is utterly swamped in the sensitive mind of the child by the evil suggestion of the lowered voice and wandering eye. Try to convey the important truth that sex and all its manifestations are pure and clean and natural.

I was once discussing this subject with a man I had known since boyhood, and I asked him if he had told his children the truth about sex matters. He stared at me in amazement and horror. "Talk to my children about such things!" he cried; "Certainly not." I asked him how he expected them to know the necessary truth and so avoid possible disaster. "Let them learn as I did," he answered. The awful way of his learning almost any man knows. It was like saying that the parent would see his child drink from a sewer rather than lead him to a spring where pure and wholesome water flowed.

When the time came in our lives that we were confronted with the question of what to do about our children we talked it over and came to what then seemed an heroic decision: we would not lie to them, nor would we soil their clean

minds with mystery or suggestion. When they were old enough to ask questions we would answer truthfully; and we would go on answering as long as the questions

and in no case were the results less beneficial. Girls and boys have grown to maturity under such conditions; and they have had families of their own who have been brought up in the same way. And the clean-minded, physically robust children and men and women that have been the outcome have been the admiration and wonder of others less fortunate.



Photos by courtesy of Goldwyn and Paramount.

Compare the riding habit of past years with the healthy, wholesome and indisputably more modest costume of to-day. Is the world going forward or backward?

were asked. And we would gain their confidence so that they would not be shy of asking their questions. So we began by making nudity a commonplace in their lives; not waiting until mystery and checked curiosity had made a barrier between us. From earliest infancy our children saw their parents nude; and happily the stream of filth that flows through the minds of most children, passed ours by. As they grew older and asked questions we answered them fully; and because there had been no mystery there was no shyness in asking and no embarrassment in answering. We discussed sex frankly; and it was a notable fact that they escaped the premature sex development of most children.

If our experience had been the only one to draw conclusions from, it would not have had much value; but we have known families who tried the same experiment;

The average boy is a ravaging wolf, a menace to every girl; the average girl is a timid lamb, justly afraid of the average boy. It would be easy to deny this, but difficult to maintain its untruth. A girl is called innocent because she is ignorant of the facts of sex. As a matter of fact she is not as innocent as the girl who knows the truth and understands the essential purity and sweetness of the phenomena of sex, as well as the perils of dalliance with the manifestations of passion. She is not even as innocent as the boy who fully understands.

The practice of nudity in the home



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Give Glenville Kleiser (famous Speech Specialist) 15 minutes daily and

He Will Give You a Mastery of Words

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Distinguished Novelist and Short-Story Writer,
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fully needed by many profes-
sional writers and speakers. A
student who intelligently fol-
lows your course will know
what he is talking about when
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His audience will certainly
know because he will talk well,
no matter what his subject."

Mary Roberts Rinehart

Eminent Novelist, Dramatist, and War-Corre-
spondent, Author of "Kings, Queens and
Pawns," etc.

"Your lessons seem to me
excellent for the purpose. Also
the selection of books for study
appeals to me very strongly.
It looks like a scholarly and
most intelligently compiled
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seems drastic, but in reality it is simple
and natural. This is not a suggestion to
make a cult of nudity. In a sense that
would be almost as evil as making a cult
of clothing. Merely make of nudity a
commonplace in the home, with the idea
always in mind that purity of thought
and conduct are the objects to be at-
tained together with health and vigor of
body.

Many a boy is ruined by the criticism
with which his receptive mind has been
impregnated by means of mystery and
suggestion. And any truthful man must
admit that the abnormal sex activity
brought about by the unclean teachings
of his elders has been the cause of his
failure in life.

"Try This For One Week"

FOR *Physical Culture Week*, May
first to eighth, each one of us will
probably wish to do missionary work in
spreading the physical culture idea among
our friends. We will persuade local news-
papers to cooperate, and if possible induce
clergymen in our churches to preach
physical culture sermons.

As a practical measure, let us supply
to each one interested, the following
pledge, calling for a one week's trial of a
consistent physical culture program.
If possible, readers will try to have this
pledge published in local newspapers
everywhere, with the aim of building a
stronger and better nation.

Sign the pledge, and persuade your
relatives, friends and fellow-citizens to
do the same.

For One Week

I Pledge myself faithfully to prac-
tice a consistent physical culture
program.

I will walk at least three miles each day.

I will spend ten minutes in setting-up
exercises.

I will treat my stomach with respect;
I will not overeat; I will eat meat not
more than once each day; I will balance
my diet with a sufficiency of fruit, green
salads and other vegetables. I will drink
at least two quarts of pure water daily.

I will sleep with my windows open. I
will secure what sunshine I can. I will
endeavor to spend a minimum of ten
hours during the week in the open air. I
will balance work and play.

I will cultivate happy thoughts, and I
will think in terms of health. I will
arrange all plans for the week upon a
basis such that each day's activities will
be consistent with the requirements of
keeping fit.

Signature

This pledge provides a sample of
physical culture. Let each one try it for
one week.

Alfred W. McCann says:



**"STOP
DIGGING
YOUR GRAVE
WITH YOUR
KNIFE AND
FORK!"**

THE world was startled when Alfred W.
McCann proved by scientific analysis and
investigation that the foods we eat are causing
ravishing disease, untold misery and premature
death.

In his wonderful book, "THE SCIENCE OF
EATING," he proves, beyond the shadow of a
doubt, that Heart Disease, Diabetes, Colds,
Catarrh, Rheumatism, Pyorrhea, Constipa-
tion, Cancer, High Blood Pressure, and even
Tuberculosis, besides hundreds of other diseases
are caused by eating improper foods. Foods that
are adulterated or over refined, instead of adding
strength to your body and power to your brain,
actually poison your system, so that with each
mouthful you are literally digging your grave with
your knife and fork.

If YOU would know the truth—if you would
learn the **Real Secret of Health**—read this re-
markable book today!

ONLY PART OF CONTENTS— A Few of the 133 Chapters

| | |
|---|--|
| Health or Disease Red Blood Depends on Food | Maternity and Tu- berculosis |
| Medicines Added to Sugar and Starch | Stunting the Growth of the Young |
| Getting the Child Started | Thin Haired Women —Bald Headed Men |
| De-natured Foods Destroy Life | Honey and Fruit |
| Old at 25, Young at 60 | Infantile Paralysis |
| The Human Body | Iron and the Raisin |
| Food Minerals Es- sential to Life | Refining Processes More Deadly than War |
| The Thyroid Gland —A Poison Des- troyer | Preventable Tra- gedies of Milk and Meat |
| Digestibility and In- digestibility | Anemia, Tubercu- losis, Heart Disease |
| Suspected Causes of Cancer | Ideally Balanced Menus |
| Constipation | |

HEALTH is the Most Precious Thing in the
World. Without it nothing else matters. No
amount of "Dieting" or "Exercise" can bring
health to you if you are ignorant of the proper
kinds of food to eat. You may "diet" to reduce
or gain weight; you may "exercise" to develop
your physical powers; but unless you possess the
secret of foods and their value you will never be
free from the torments of disease.

"The Science of Eating" gives you the facts
that will bring health to you as it has done to
thousands of others who have profited by the
knowledge acquired through years of scientific
research.

If YOU would avoid the drug store, if you would
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of disease, and save the enormous expense in health,
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send prepaid Alfred W. McCann's Wonderful book,
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New physical vigor and keener mentality as surely follow the use of ROMAN MEAL as dawn follows darkness.

For this is a perfectly balanced human food—which contains, not a single element alone nor the excess or deficiency of any, but—all the vital elements in correct proportions, plus just enough roughage to restore digestion and end constipation.

Made of whole wheat and whole rye cut in little granules and blended with flaxseed. May be made into twenty-five favorite dishes—muffins, breads, cakes, puddings, porridge, etc.—nut-brown in color and nut-like in taste. Less than 1c a portion to serve.

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Ring is 18-k Solid
White Gold, Special
at \$50. Others at
\$75, \$100 up;
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Week.



HEALTH IS YOURS

If you follow the teaching of Dr. Elmer Lee, editor of the **Health Culture Magazine** Every month it is brim full of hints and helps for cures without drugs, and right eating, breathing, exercising, etc. \$2.00 a year; 20c a number—three months "On Trial" for 25 cts. Send today for your first six months and add to your health. Money back if not satisfied.

HEALTH CULTURE, 310 St. James Bldg., New York

A Forum for Physical Culture Girls

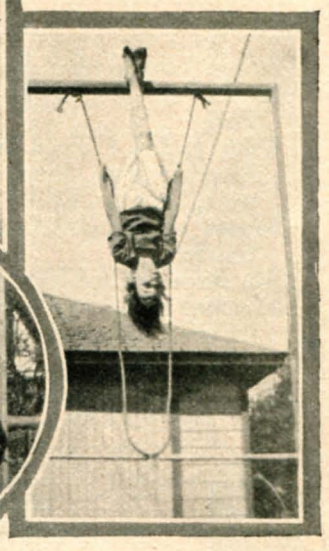
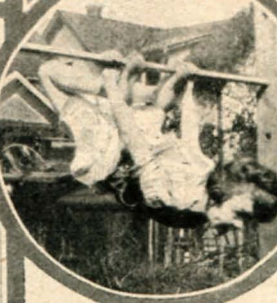
Conducted by Marion Malcolm

This Department is a personal experience forum in which our Physical Culture Girls may by word or picture relate their physical culture experience—in health building, in athletics, and outdoor life, etc.—and tell what physical culture has meant in their lives. For letters and photographs published in these columns we shall present the contributor with a sterling silver Macfadden League brooch. If the writer personally gives details of her own experience, a year's subscription as well as a pin will be awarded to her.—The Editor.

Get Dad to Build this Play-Apparatus in the Back Yard for You

TO THE EDITOR:

Of vital interest to all your readers is anything that has to do with the welfare of the future generation. The accompanying photos will illustrate a means of development of the physical powers of the child, too often confined to the boys of the family. The youngster in the snap shots is Miss Muriel A. Stapp, of South Bend, Ind. After two months' experimentation she can perform enough stunts to keep the alley full of open mouthed youngsters, and it is no uncommon sight on an afternoon after school to see her doing back flips and other tricks to an admiring audience of seven or eight. It has made her an ardent outdoor girl, has developed her arms from the usual little flabby pipe-stem of the average small girl to sturdy members with a punch and a knotty little bicep.



Here is Muriel A. Stapp, of South Bend, Ind., expressing to her heart's content all the joy and exuberance of her athletic young spirit. Her father in the accompanying letter gives a comprehensive description of how to go about erecting such an apparatus as shown above.

I strongly recommend the apparatus shown for every family

with youngsters. It consists merely of two 2 x 4s, sixteen feet long, placed in the ground to a depth of four feet, and bedded in concrete, spaced about five feet apart, with another horizontal cross bar at top. The posts are also braced by wires to ground on all four sides to prevent vibration. A visit to the plumber's shop can secure the 3/4 in. galvanized pipe, threaded at both ends, with caps to fit. Then a series of holes the size of the pipe are bored in the uprights, so that the bar can be raised or lowered by simply unscrewing the caps and taking out the bar. A rope swing or performing rings suspended from the cross bar completes the best plaything any child could have. Any corner of a yard can be utilized. In this case it was an unused space behind the garage.

South Bend, Ind.

H. R. STAPP.

Talk About Strenuous Girlhood!

TO THE EDITOR:

"Ride 'em cowboy!"

How I love that expression, but it has more than the one meaning for me, it is my daily motto. Whatever task I tackle, pleasant or unpleasant, I pretend that I am riding a broncho. Some of the unpleasant tasks are very obstinate, but I try to stick for all I am worth.

Physical culture is my favorite hobby horse and tries hard to throw me when I am tired, but I never let go.

It is certainly a joy when I have conquered the most

obstinate of them all, which is really myself and the hardest of any to control to my own satisfaction.

I have been as much of a cowgirl as one could possibly be without going to Texas or Wyoming.

I am second in a family of nine healthy and robust children. I am eighteen years old, and a real physical culturist. Yet I am sure that if I had lived the life that most girls do I would be puny and delicate just like them.

I would not advise any girl who is not used to it to try any of my stunts without gradually working up to them. My twenty-one year old brother and I persuaded Dad to help make a set of barbells so arranged that we could start with five pounds and add two and one-half pounds at a time until we reached two hundred if we chose to go that far.

I use twenty pounds to do my regular exercises with, and use the weights all through the exercises. I can do the one arm military press with twenty pounds and two arm press with sixty pounds. I can put my hands flat on the floor without bending my knees and I

MEN REDUCE GIRTH 2 TO 4 INCHES

MAKE CLOTHES FIT—LOOK BETTER

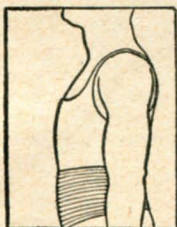
Are you over weight—



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heavy around the waist line? If so your clothes can't fit well or look right. A heavy waist line pulls and wrinkles the coat, prevents trousers hanging smooth and straight, makes the vest creep, wrinkle, bulge. Overcome all these difficulties. Wear all your clothes with greater comfort. Enjoy the ease and assurance that go with perfect suits fitting and athletic bearing by wearing a

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The Little Corporal, tailored to measure and guaranteed to fit perfectly costs but \$6.50. Order one today. For convenience in ordering, use coupon below enclosing check or money order.

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Write today for the famous book, "Physiological Exercise"—an illustrated and complete Course of Scientific Instruction that shows how to develop every part of your body at will—the system that is followed by the world's most powerfully framed men. It shows how to accomplish rapid muscular development and amazing strength with ease. Weak men blossom into strong men—sickly men grow to be healthy men in short order by following the instructions given in this remarkable book.

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BOYS WANTED

(Spare Time)

From \$1 to \$5
EVERY WEEK

Fine prizes; a business of your own that can be developed at will; clean work; good hours. Boys wanted in every city and town. Complete outfit free. Write for details and start that extra spending money towards your jeans now.



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"DIET THE WAY TO HEALTH"

Everyone who appreciates the importance of physical well-being should read the interesting, helpful, practical discussion of diet and its relation to health contained in newly-issued brochure on "Diet The Way To Health." Complimentary copy sent on request to any adult.

PHILOSOPHICAL PUBLISHING COMPANY
32 Beverly Hall, Quakertown, Pennsylvania

can take an ordinary water bucket full of water and hold it at arms' length straight out from my shoulder.

Until one year ago my father was a dairyman and we lived close to one of the largest cities in the middle west.

Owing to the fact that we hired as little of the work done as possible, and that we ourselves were the overseers, as well as everything else on the place, our milk was said to be and had the reputation of being the best ever sold in that city. But the main point is this: It taught me that I could be healthy and strong as well as my brothers. I have milked twenty cows to the milking, and can lift five gallon cans of milk over my head with ease.

I have bottled twenty and twenty-five cases of milk weighing about sixty to seventy pounds each, and put them all in the ice box.

I have pitched tons of hay and silage day after day and have carried more than one baby calf in my arms because they were not strong enough to walk on their wobbly legs.

But what I loved most of all was horseback riding. There was much of it to do on a three hundred acre farm with seventy-five to eighty head of cattle. I rode one filly that the boys told me would throw me higher than the birds could fly, but she never succeeded in unseating me even once. I had a beautiful black filly that I broke myself and I nearly always rode without saddle for she was so fat the saddle invariably slipped. This was dangerous so I discarded it. Two years ago when she was only three years old, I rode her bareback for two miles on a dark night and on a road thick with automobiles, with one of my twin sisters (then one year old) in my arms. My father called me "Six shooter Sal."

I love to till the soil but it was while I was doing inside work that I came to the conclusion that I needed a system of exercises so as to bring all muscles into play. No matter how tired I am, I always feel much better after my exercises. I have my doubts whether my city friends would believe me capable of this, for I dress as one of them, weigh one hundred and twenty-five pounds and am five feet five inches tall.

I think your magazine the most wonderful in existence for it teaches moral and mental as well as physical training. So I say girls, let physical culture be your hobby horse, and "Ride 'em cowboy!"

LAURA E. JAMES.
Sheridan, Mich.

Mother Plays Baseball

TO THE EDITOR:

Mother says we owe our lives and hers to physical culture. You would never think to look at her that she had had a long, hard fight to save her life and gain health for herself and us kiddies. She's most forty, but we think she looks about twenty-five, and she is a real, live sport.

She says before we came into this world (fifteen years ago) she was so weak and sick that she had to use all her will power to get out doors and walk three miles. But she was determined, so she bought a book on physical culture that told her all about right food, comfortable clothes and the proper kind of exercise. She stuck to it until now it is a pleasure to do all kinds of out door stunts. We don't see how any one would want to do any other way. We just live out in the woods and on the lake. Mother has taught us to swim and row, and ride horseback, and she sometimes puts on a "gym" suit and comes out to play baseball with the boys and us.

In the fall we have such good times, gathering hickory nuts! When we have our baskets and bags full, we build a fire, and while we shuck nuts, we sit around and tend the roasting potatoes, bake apples, or pop corn. Then we join hands and dance around the fire, and sing our Indian songs. Hurrah for Mother and her physical culture!

Clinton, Wis.

— SISTERS.

How About You? ARE YOU THE EXCEPTION OR THE RULE?

Practically everyone is subject to an occasional siege of constipation. Thousands are chronically constipated. Perhaps one in one thousand is entirely free. In which classification do you fall?

OVER 80% OF ALL DISEASE IS DUE TO CONSTIPATION

Constipation fills the system with over 30 insidious poisons which sap vitality, reduce resistance so that you become an easy victim to other diseases, is responsible for muddy, sallow or pimply complexion, headaches, nervousness and dozens of other major or minor ailments. It is the worst enemy of health—efficiency—happiness.

Constipation is due to a weakened condition of the muscles of the large intestine or colon. Laxatives, purgative or other drugs are exceedingly harmful. They further weaken the very muscles that must be strengthened before any cure can be obtained. These muscles can be strengthened and toned by mechanical means which gives permanent relief.

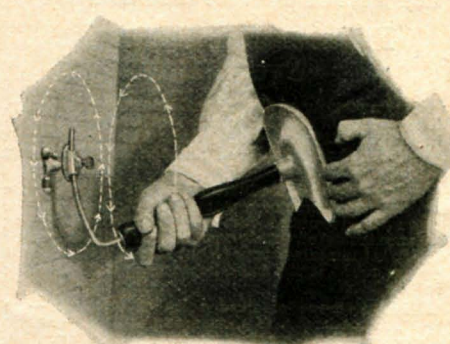
OBSESITY IS A FORM OF CONSTIPATION

If you so regulate your system that it throws off all excess fats, a little attention to diet will soon enable you to regain normal weight.

EXCESS FAT, particularly on the abdomen is readily disintegrated and removed by the use of the CONSTIPATH.

Osteopathic physicians have developed an excellent method for treating constipation. They press the ball of the hand against the lower right hand corner of the abdomen, which is the starting place of the colon. The hand is then repeatedly worked up the right side, crossing to the left, just below the ribs and down on the left side.

This treatment, while exceedingly effective, requires the skill and knowledge of the expert practitioner.



The motions involved however, have been carefully studied and at last a mechanical device has been perfected which reproduces the undulating, Osteopathic massage in finest detail.

The CONSTIPATH being in fact a mechanical osteopath, gives this excellent treatment with machine-like precision and accuracy. The plate of the CONSTIPATH is anatomically correct and follows accurately the path of the colon. The action is smooth, pleasant and stimulating. While extremely simple to use, no known exercise relieves constipation so quickly as the use of the CONSTIPATH.

If a Constipath was a part of the equipment of every bathroom the benefit that humanity would receive is beyond computation.

The illustration gives a good idea of the physical appearance of the Constipath but no picture and no amount of printed description can begin to tell the good it will do you.

You cannot afford to be without one. It costs only \$5.00—the price of one or two Osteopathic treatments.

HERE IS OUR OFFER

Try the Constipath for one week entirely at our risk. Ordinary business procedure requires that it be sent C. O. D. or upon a cash in advance basis but if after you have tried it for one week it does not prove to be all we claim and more, send it back for a prompt refund of your money—nothing could be fairer.

Sign and mail the coupon today.

Gyropathic Institute

261 Powers Street New Brunswick, N. J.

Please send me by Parcel Post—Insured—a home model Constipath, together with full directions for use and valuable information regarding constipation. I will pay the postman \$5.00 upon receipt with the understanding that I am privileged to return it at the end of one week if I wish, for a prompt refund of my money.

(In case you do not care to pay the postman, enclose remittance (\$5.00) with order.)

Name

Address



What Should She Serve?

IT is late afternoon. Her callers are club members who have been discussing a coming entertainment for two hours. Should she serve refreshments? Should she serve afternoon tea? Is it considered entirely correct to serve anything on an occasion of this kind.

Perhaps you have wondered, on certain occasions, what the correct thing was to do, or say, or wear. You may even have wondered what to write under certain circumstances. Would you know, for instance, how to word a wedding announcement in the newspapers, how to acknowledge a gift, how to word a letter of condolence?

Every day, in business and social life, important problems of etiquette present themselves. If you know what to do or say, you impress people at once with your charm and ease of manner. If you do not know exactly what to do or say, you invariably suffer keen humiliation and embarrassment.

Problems That Arise Every Day

See how many of these questions you can answer. They are a fair test of what you know about the important little rules that draw the line between the cultured and well-bred, and the uncultured and ill-bred.

In making an introduction, should a man's name be mentioned first or a woman's? How should the home be decorated for a wedding? How long before a formal entertainment are invitations issued? What is the correct way to eat olives, lettuce, corn on the cob? Is the knife held in the right hand or in the left?

The existence of fixed rules of etiquette—the result of centuries of developing culture—enables every man and woman to find out at once the correct thing to do, say, write and wear on all occasions. With the Book of Etiquette to refer to, no one need ever be embarrassed or ill at ease. Into the two handsome volumes that comprise this famous set have been gathered all the rules of etiquette, written and arranged in a form as interesting as a story. All the problems of everyday etiquette are solved—from the correct amount to tip the porter to the approved costume for formal entertainments.

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The complete two-volume set of the Book of Etiquette will be sent entirely free to anyone wishing to examine it. We are making a special free-examination offer so that everyone may be enabled to see this remarkable set, glance at the illustrations, read a chapter or two, without cost or obligation.

Just mail the coupon. The Book of Etiquette will be sent to you at once. Within 5 days decide whether you want to keep the books and send us only \$3.50 in full payment, or return them without having the examination cost you one cent. But mail the coupon at once! Nelson Doubleday, Inc., Dept. 84A, Oyster Bay, N. Y.

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Living the Physical Culture Life

In this department we have the pleasure of presenting letters of personal experience from our readers. The story of what others have done in building health, strength and energy is always interesting and stimulating. Attractive photographs demonstrating the good results of physical training and health care according to methods taught by this magazine, are always especially appreciated, though we cannot promise to publish all letters and photographs received, nor can we promise to return them. All photographs should bear name and address of sender, subject, and permission to publish. Be assured, however, that your letter of comment or experience is carefully read and appreciated by the editors even if not published. Publication is sometimes delayed several months. Published letters will entitle the writer to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.—The Editor.

Physical Culture in India

TO THE EDITOR:

In India physical culture is a living art, and even in the smallest village, we have what we call "Talims" or the Gymnasium Houses, which are crowded to their utmost, both morning and evening with hot-red-blooded youths. Our Indian system of physical culture may seem a curious one to you Westerners.

The first thing upon entering the "Talim" we smell red mud, a pleasing smell, just as we smell the air on a hot dusty road, after a fine shower. The second thing is that we feel warm and snug.

Suddenly our sight is attracted by a short pillar of nine to ten inches in diameter, well pitched into the ground, and nicely polished by the hands and legs of those who exercise on it. They twist and twine round about it; they hold it between their thighs, their knees, and so on.

The next thing we see is a stone collar of about one hundred pounds weight, which the gymnasts wear and exercise with by revolving their necks round and round. Also they use Indian clubs, ranging in weight from twenty pounds to one hundred and fifty pounds. This gives them ample exercise for their shoulders, biceps, triceps, forearms and wrists. There are many other curious implements, such as kettle-weights, bar-bells, iron balls, and so forth. Indians strip themselves quite naked when exercising, except for their "kachas" or loin clothes. They exercise at least two hours a day, and their main pastime is wrestling. They exercise until they perspire freely and then roll themselves over and over in the red mud, followed by a cold bath, which gradually tones their skins into a bright golden hue. Indians are famous wrestlers and pugilists, the wrestling oftentimes resulting in bloodshed.

The highest form of physical culture with our Indians is breath control and muscle control. Breath control is called the "Prana-Yam," the practice of which is very difficult. A good "Pranayamist" can even raise himself bodily from the ground, without any effort or support. He can make his pulse stop altogether for hours, and goes without food or water for any length of time. He can accomplish the most wonderful feats of strength with ease. It is no joke to say that he can make the biggest elephant walk over his bare chest, without the least injury to

himself. But the one thing that is bad about the Indian wrestlers is that they eat more than their exercise calls for. In short, they are the biggest gluttons and gormandisers, and that brings about their ultimate ruin.

Personally I would forego a day's meal rather than my daily exercise. I am just twenty-one years old and I have made up my mind to become the strongest man in my country in five more years. I enlarged my chest from thirty-five to forty-five inches in less than ten months, and my present chest measurement is forty-five and one-half inches fully expanded. My daily diet consists of nothing but vegetables and I drink nothing but water or milk. I exercise every evening for an hour, which I always follow by a cold bath. I would like to correspond with any physical culture pal and would even tell him about some of our native systems of exercise, if wishes.

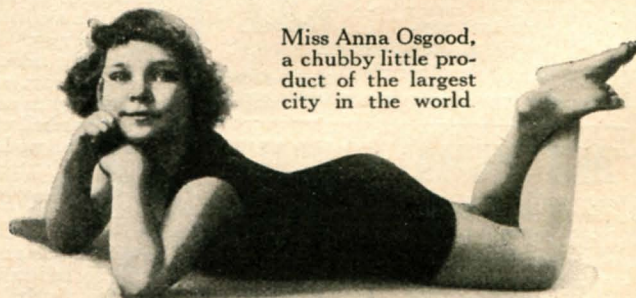
K. V. IYER,
Proprietor, A. V. School Tiffin Rooms
Fort, Bangalore City,
Pro. Mysore. (India) Asia.

"What Will Help Young People to Grow."

TO THE EDITOR:

Just one year ago I was sixteen years old and only weighed 68 pounds, now I weigh 147½ pounds. Nearly all my life I have been sick and could not have the good times the other girls had. At a lady friend's house one day I discovered PHYSICAL CULTURE. I took your advice along many lines and have developed in many ways. All the years before I was judged to be about ten or twelve and now I really look like a woman of eighteen. Formerly I could not swim; now I go swimming whenever I have the chance.

MISS LENA GRAY,
Coalinga, Cal.



Miss Anna Osgood, a chubby little product of the largest city in the world



GRIP SURE!

GET the shoe that will give you speed and action with safety. The patented suction cups make you as sure-footed as a mule in slippery places.

Grip Sures are fine for games, hikes, golf and mountain climbing.

Grip Sure Features

1. Patented Suction Cup Soles.
2. Tough resilient rubber.
3. Uppers of long fibre Top Notch Duck.
4. Trimmings and ankle patches of real leather.

Send for a copy of "Hiking, Camping and Sports." Contains valuable suggestions to keep you fit.

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TOP NOTCH BEACON FALLS RUBBER FOOTWEAR

Grip Sure. Regular cut. They are also made in athletic cut which laces to the toe caps.



ENCYCLOPEDIA of Physical Culture 25c



"Be Strong and Stay Strong"

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The most complete work, in concise form ever published on physical culture. It explains all the phases of physical training. Here are some of its topics:

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Deep Breathing

TO THE EDITOR:

I have been living what I call the physical culture life for some time, and in consequence have been immeasurably benefitted.

I will not tell all my experience for it is much like many of which we have read in your magazine, though I believe we all have our hobbies in this line. I have three. No breakfast, quantities of water, and special deep breathing.

I do not think breathing is emphasized as it should be, by our writers, when considering ways and means of renewing the worn or diseased tissues.

The improvement of the physical condition from walking or taking special exercises is due in a large measure to the extra amount of air inhaled.

I find that proper breathing will do much toward putting and keeping the body in good health. Every one can not find time for a walk each day, but every one can breathe long and deep.

If for any reason it is impossible to have my regular daily exercise of stretching, turning, bending, etc., I take twenty or thirty long deep breaths, holding each one long enough to count seven. I do this two or three times during the day, and have found that it works perfectly. I do not mean that we should depend on this entirely for health building, but in case of no opportunity for exercises, deep regular breathing is a very good substitute.

MRS. CLARA T. SAWYER.

Crabbing in the Hudson

TO THE EDITOR:

A day made for crabbing—one in mild September—when the crabs stroll lazily along the bed of the river, ready to become the unwitting prey of the enthusiastic fisherman!

It was about noon when we started with our traps and lunches. Yes, lunches. For one gets mighty hungry crabbing. The path up the Palisades proved steep and stoney. We passed through broad fields of purple astors and golden-rod sleeping peacefully in the sunshine with yellow bitter-sweet clambering over their rude enclosures into the cool deep woods where placid brown pools of water reflected the still image of luxuriant ferns and brakes. The mingled odor of ripe apples and wild black berries permeated the autumn air. Little crickets leaped gayly along the mountain road. The beauty of it all recompensed us for hard climbing.

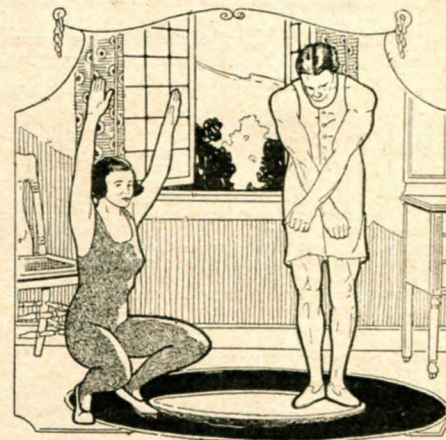
Having arrived at the top, we half-clambered, half slid down the Palisades to Twombey's ferry.

The sun-beaten pier lead us some distance out into the river where tooting motor boats and graceful canoes passed on the thoroughfare of the Hudson.

We proceeded to set our traps. They were wire with a square foundation, having on each side a flexible square. On each of the four sides, we fastened a stout string brought together about four feet above and heavily knotted into a strong cord. On the foundation, we securely fastened a big piece of spoiled meat. Possibly Mr. Crab has an exquisite sense of smell as well as of taste. We lowered our nets into the water where all the sides lay flat on the bed of the river. Not long after that, I had a "hunch" that a crab was in one of the traps down by the float. Accordingly, I slowly pulled it up and behold! there was a rat-clawing crab; glaring forth at me with righteous indignation.

I placed the trap down on the pier and carefully—I cannot emphasize the word *carefully* enough—picked up my friend from the back. Woe to the fisherman who dares to touch Mr. Crab near his two front claws, for he has a clutch as tenacious as that of a bull-dog's. I regarded him for a moment—he was really a beautiful fellow—all marked with blue and gold. But I had more to do than to contemplate his beauties, so I flopped him into the

The following offer is so unusual that we urge everyone to take advantage of it at once.



12 minutes a day

will make you fit and keep you fit

12 minutes a day! That's all!

You can make those 12 minutes the turning point in your life. Use them intelligently and you will reap a harvest of good health, possess a strong well moulded body and be mentally alert.

A few minutes a day of pleasant exercise, together with the right food and right living will quickly reduce or increase your weight, will make you strong, sturdy and robust, will prevent indigestion, insomnia, nervousness and kindred ailments, and will make life really worth while.

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flour bag and turned my attention to the other traps.

From that time on, we were kept fairly busy pulling up the crabs that were brought in by the tide. Gradually the flour bag bulged to the limit.

The sun sank slowly behind the Palisades. The air grew dark and chilly.

Time to go!

We picked up our bundles and started for home—wary, yet buoyed up with the anticipation of devouring delicious devilled crabs.

AGNES B. CURTIS.

When Love Interferes with Health

TO THE EDITOR:

In my school days I was what is termed an athletic young man, holding my own in baseball, football and all those other outdoor sports so dear to the hearts of all young men with red blood in their veins, and of course I was in possession of that greatest of all gifts—Good Health.

After leaving school and going to work in the office, I kept tolerably fit by playing Sunday ball for some years, and then the Girl came along. This was the beginning of my neglecting active sports of all sorts, but I was so engrossed in pleasing the Girl that I did not feel any bad results at that time. In the usual course of events that matters of this kind lead to, I was married and settled down to the regular routine of married life, doing all the things that are expected of a young devoted husband, and in so doing I neglected the most important thing of all, namely the proper and sane exercising of one's body. In a few months I noticed a change, becoming very irritable, losing my appetite, etc. These things were all the more acute, since I was a newly married man, but in spite of all the cajoling and artifices of my girl, matters continued to get worse. Finally I consulted the doctors and various ones gave me tonics and stimulants, but to no avail.

A short time later I called on a young doctor who had been my classmate and had just opened an office for the practice of medicine. I laid my entire case before him. To his eternal credit I wish to say right here that he raked me over the coals and under no circumstance would he prescribe any medicine for me, merely letting me have a tonic to create an appetite. He remembered that I had been fairly good in baseball, and insisted that I get out and start to play Sunday ball again. This I did, and felt fine during the summer months while playing the game. Winter came along and of course I resumed my place as a leader of indoor sports with the result that the old discomfort came back in all its glory. I never would go to sleep until about three in the morning, never ate any breakfast, was cross and cranky at the office and how I held my position has been a wonder to me, especially since I have seen the light in the after years.

My nerves were racked and I am not ashamed to admit that I was a great deal more crazy in my ideas than many of the inmates of the insane asylums. My chief hallucination however was that I had heart trouble in a major degree along with many other ills, and I will tell one little incident to show to what degree of foolishness I had gotten to.

One morning while at my desk I imagined I had an acute attack of heart trouble, and closing up my desk, I went up to see the doctor. After telling him my troubles, and they were numerous, I asked him to examine me for heart trouble, and asked him at the same time not to tell me what he found out after examining me. He gave me a very thorough examination and told me my heart was in good shape, but of course I would not believe him, and departed in as bad spirits as ever.

A few weeks later I was taken down with a very serious sickness and was close to death for fifteen weeks, and in getting well my attention was drawn to the proper conditioning



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of one's self. As soon as I got out a little, I went over to the book store and got my first copy of your magazine and read it with the feeling of a drowning man grasping a straw.

By this time I was looking forward to the coming of my PHYSICAL CULTURE Magazine like a kid would for an extra piece of pie, and became a regular subscriber, having it mailed to my address direct. As soon as my strength permitted, I commenced to take the minor or lighter exercises which the magazine recommended, and I know I hastened the time of my reentering the office at least fifty per cent. I soon regained all my weight, which was always too much, even when I was so very nervous and troubled, and now the object was to take some of this off, so I commenced to go to it a little harder.

To-day, after a few months of steady but not very hard workouts in the bathroom each morning, I have taken off seventeen pounds, am as hard as a rock, eat and drink almost anything in reason, and believe me, am enjoying life to the limit. If I am missing anything I surely am not aware of it. Some people ask me about it, and when I tell them I get up just fifteen minutes earlier in order to take the bathroom exercises they say they can not do it, "bed feels too good," etc. To this I have only to say that there is nothing in this good old world that is worth having that we do not have to work for, and that the fifteen minutes that I give in the morning, I would not trade even up for the balance of the entire day. I know what it means to me, and it will mean the same to any one else who has the desire to get all out of life that he is entitled to.

"A REJUVENATED MAN."

Farewell to Headaches

TO THE EDITOR:

For several years I was subject to severe headaches occurring weekly or fortnightly and lasting a day or two.

Once being called in during a particularly violent attack, my doctor advised me to *discontinue the use of tea*, of which I was fond and would drink three or four cups a day. Acting upon his advice, from that time, several years ago, until the present, I have hardly known a headache. Traveling by land or water, which formerly was a bugbear to me, is now an unalloyed pleasure. Since giving up tea I have covered several thousand miles in perfect freedom from headaches or sickness.

PHYSICAL CULTURE has been one of our family magazines for twenty years.

HARRIET A. GREENWOOD,
Winnipeg, Man., Can.

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Monthly Prizes for Constructive Criticism

BY way of improving PHYSICAL CULTURE, we want every one of our readers to join our editorial staff. With a view to making this invitation more interesting, we are offering prizes totalling \$25.00 each month for the next six months.

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The "NEW WONDER" Violet Ray is the result of patient research and countless experiments. The Eastern Laboratories have really met a great human need by producing a Violet Ray instrument, complete in every detail, that is yours for the astoundingly low price of \$5.95.

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First: Tell us the contributions you like the best, and state your reasons.

Second: Tell us the contributions you do not like, and state your reasons.

Third: Tell us how you think the magazine could be improved.

Fourth: If you find errors, typographical, grammatical or otherwise, in our text or advertising columns, tell us.

Fifth: Finally, give the contributions in this number or the number you are criticizing, a definite percentage rating, so that we may learn the relative value of the material we are offering. We especially desire a rating based upon the interest-holding character of our contributions. Are they readable? There should not be a tedious page in our magazine. Be absolutely honest.

Sixth: Give your age, sex, and occupation. You may, if you wish, instruct us to withhold your name from publication.

How to Rate Contributions

Instead of saying that an article is poor, bad, fair, good, and so forth, give it a percentage rating based on the following table:

Poor is rated under 79%
Fair is rated at 80-89%
Good is rated at 90-93%
Very good is rated at 94-96%
Superlatively good is rated at 97-100%.

In presenting your summary of the best and poorest contributions, place them in their order of merit, the best article first, with its rating, the next best second, and so on. To save space you may indicate each article by the page number on which it appears, the interest percentage to follow immediately after. For example, if you were to rate four articles, it might be as follows:

Page 61—98%; 78—97%; 43—95%; 15—90%.

According to this plan, therefore, the contribution on page 61 would be superlatively good in your opinion, that on page 78 in the same class, but of slightly less merit. That on page 43 would be very good, and that on page 15 good.

Twenty-five dollars in prizes will be awarded each month for six months, commencing with the March number, and the prizes will be divided as follows:

\$20.00 for the best letter.

\$5.00 for the second best letter.

For other letters found worthy of publication we will pay \$2.00 each.

Letters should be limited to five hundred words in length. Your letter of criticism on this number should be mailed before March 31st.



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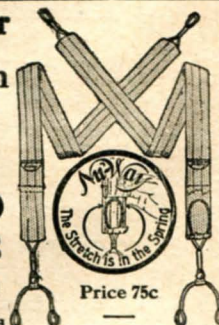
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Questions from Health Seekers

Discussion of Cancer

Mrs. G. H. E.—Articles discussing cancer and its natural treatment were published in *PHYSICAL CULTURE* in September, 1920, and again in May, August and September, 1921, and February, 1922. The general trend of opinion in these contributions has pointed to the theory that cancer is not a local disease, but a product of some abnormal condition of the blood, usually associated with an extreme form of constitutional acidosis, possibly combined with anemia. In the main, medical practice has failed to accomplish definite and satisfactory results through surgery, X-ray or radium treatment, while the dietetic factor, both as a preventive and as a remedial agency, assumes greater importance in the experience of progressive medical students of the disease.

Goitre

J. P.—One is naturally doubtful about the goitre remedy you mention consisting of a tea made of narrowdock, burdock roots, prickly ash or wild cherry bark, even though some "old-timer" may claim to have been cured by it. Try it on one hundred cases and you are likely to find one hundred per cent. of failure. The milk diet has in some cases produced beneficial results, and there is no doubt that a healthful diet in any case is most important. It is claimed however, that spinal adjustment is effective. Go to a good chiropractor or osteopath.

Keep Your Sound Teeth

F. P. G.—While it is true that the tired feeling of which you complain is expressive of a run-down state of health, it does not necessarily follow that this state of health is or was the result either of the condition of your tonsils or of your teeth. Your experience in having had perfectly good teeth taken out and also having had your tonsils removed without producing any favorable results whatever is in line with the experiences of hundreds of others. According to abundant evidence it would seem that there are instances in which actually bad teeth or teeth with abscesses at the roots are the cause of systematic poisoning which may be relieved by extracting these teeth. In other cases, however, the trouble is not derived from the teeth, and one should be careful not to have perfectly good teeth drawn uselessly. The X-ray evidence that your teeth were sound should have deterred you from having had it done. Your bad tonsils apparently were the expression of your ill health, rather than the cause of the same. Improve your diet. Try to live outdoors. Take up exercise. Make yourself a consistent physical culturist in every sense and you will gradually overcome your tired feeling. That is what you should have done in the first place.

Masturbation

J. N.—Considering the extent of your worry and the agony of mind that you apparently experience through your inability to break your bad habit, one might say that your mental attitude on the subject is doing you far more harm than the habit itself. This is not said to minimize your problem, but it would seem that you are altogether too persistently conscious of it and too introspective. Your very worry prevents you from attaining that forgetfulness which ought to be the most important factor in breaking the habit. For a comprehensive discussion of your problem you should read some good book that presents the subject in a way that it cannot be presented in a magazine. Meanwhile follow all the more closely the physical culture life

(Continued on page 110)



THE LIFE WAY PLAN

By Hiram Bentley

I was sick, bankrupt, and a failure.
Life, to me, had become a mockery. Years of ill health and a long series of failures had brought me to the very bottom.

I had all but reached the end, when a friend told me of THE SECRET FORMULA. I lost no time in securing it, and it changed blackest night into a new day dawn for me, turned my failures into unprecedented success, gave to my emaciated body new life and perennial youth, and brought to me permanent peace, power, and plenty.

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(Continued from page 107)

that you have become interested in, and particularly occupy yourself with music, recreations and hobbies of one kind or another. Social diversions are especially valuable. Cultivate company and companionship constantly, meaning, of course, the right kind of people. Cultivate the reading of good books and other influences that will tend to strengthen your qualities of idealism.

Diabetes

E. K.—You should have read the articles in *PHYSICAL CULTURE* last August and September by Joseph Danziger and Dr. Alsaker respectively, presenting some interesting information on the dietetic cure for diabetes. Mr. Danziger showed that in Germany when the war shortage of food deprived the people of the accustomed supply of meat, the diabetics promptly got well. Following this the next month Dr. Alsaker showed that diabetes is not a starch or sugar disease, but rather a disease precipitated by excessive protein, deranged metabolism and disturbed functioning, growing out of the use of too much meat and other high protein foods. In other words, a diet, not of proteins as usually prescribed, but of green vegetables, salads and fruits, with possibly a little whole wheat bread, seems to work out most favorably in diabetes. Immediate treatment should be in the nature of a fast or fruit diet followed by an amplification of the diet to include vegetables, salads, whole wheat bread and milk.

Nervous Breakdown

Mrs. R. S.—All of the agonizing symptoms that you describe are those of neurasthenia, and not at all of incipient insanity. Your notion that all you can do is to sit with folded hands waiting for the time when you must go to the asylum has no application at all in your case. Fear of insanity is one of the symptoms of absolute sanity, inasmuch as the surest sign of insanity in the case of one actually demented is the utter conviction that he is entirely sane. Any pathologist will tell you this. Your nervous symptoms are the result of starved nerves, and for immediate results there is nothing so effective as the exclusive milk diet. You should have read the story in our February number, "If Your Nerves Cry, Feed Them" which in effect was a presentation of the value of milk as a nerve food. A non-exciting outdoor life, with plenty of mild exercise suited to your strength in order to promote sleep, should be important factors in your recovery.

Spinal Curvature

A. E. C.—If you have a spinal curvature to the right it would ordinarily follow that the left shoulder would be higher than the right. If the reverse is true in your case, then there may be a double curvature. Exercises for the spine, such as stretching the opposite arm high above the head and lying on the reverse side at night so as to overcome the curvature, are all based upon the theory of corrective treatment through the mechanics of the body itself. You should make a study of your own spine, and taking into account the mechanical requirements of the curvature and its location you should be able to devise for yourself the right bodily postures or positions and the right movements to correct the particular form of curvature or defect from which you are suffering. No one can follow a general rule given in a book on the theory that it will fit all cases. Make your exercises fit your own case and use your own intelligence to this end.

Coated Tongue

R. A. R.—The white coating of the tongue that you mention may be an indication of an improper diet, but it is more likely an indication of overeating. At the ripe old age of seventeen years it may be that your appetite is abnormally acute, or that "your eyes are bigger than your stomach." If that's the case a word to the wise is sufficient.



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What Would You Do In This Case?

(Continued from page 56)

undoubtedly be of much help to him in attaining marked success in life earlier than otherwise. Certainly if it should transpire that this very woman is the one girl in the world for him, and if their marriage from the standpoint of temperament, compatibility and mutual attractiveness is ideal, then surely these factors of congenial relationship would far outweigh any reasonable disparity in age. It is a matter which, we believe, is in most cases regarded far too seriously. Suitability of choice is more a matter of the probable happiness and harmony that may be secured in marriage.

To Cure a Stingy Husband—Try "Loving" Him

The following is an interesting letter attempting to solve the problem of the woman with the stingy husband, whose letter appeared in the February number. It sounds good, probably sounds much better than it is, for we wonder if it would work out. The trouble is that peace and harmony in married life is not a matter that rests with one. It depends upon both. This plan of approaching one's husband with love may have worked out in the case of the woman writing this letter, but would it fill the bill in the case of the couple living across the street? The plan presupposes that the husband is one of the kind susceptible to love or amenable to reason. Perhaps some men are, but certainly some men are not. Any number of women know what it means to try to reason with an obstinate, headstrong boor of a husband, just as many men know just what it is to try to reason with an emotional, hysterical woman. To try to persuade by love a man who is not susceptible to such an influence is like trying to teach a cat things that a smart dog can do. There is a fundamental difference in make-up and intelligence. The cat does not "get" you at all. The dog understands quickly.

The situation of adjusting such matters is like that of trying to secure peace between a quarrelsome couple. It has so often been said that it takes two to make a quarrel, but this is not true. It only takes one to be the aggressor. It only takes one to knock the other's head off, literally or verbally. But the truth is that it takes two to make peace. The party on the defensive cannot make peace simply by desiring peace. The aggressor must also want peace, and until he wants it there is no such thing possible. It only takes one to start something, but it takes two to secure or maintain harmony or peace.

In the same way, the value of the plan suggested by this correspondent will depend upon the stingy husband himself, as well as upon the wife in the case. If he is impossibly stingy and stubborn and set



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in his position, no amount of love or wheedling or babying or reasoning can touch him. What do you think?

TO THE EDITOR:

The article about the "Stingy Husband" was most entertaining. Perhaps as a woman, a married one too, I should sympathize with Mrs. C. L. M. Being also a college woman, I can see some of her splendid points and tactful ways of sticking to her home through thick and thin. Still I can look beyond and see where the very start might have been different, and her whole life made one of sunshine and happiness instead of gloom and despair.

We must adjust ourselves to this new relationship of marriage. We must concede one to the other,—but with true love shining through it can be done. Talk things over quietly and peaceably. Hold your husband's hand; use your womanly powers that he loved in you before you married him; make him love you more; show him that you are willing to cooperate and make a comfortable home with little expense; that you want also to help make that savings account grow, prove to him that you can, and go ahead.

To be sure we must stand on our own independent feet at times; but gain your point so that he sees that you are right. Do not crow over your gain—but rather plant a loving kiss upon his lips and show your woman's lovingness—so different in its unselfish spirit than your husband's. Though to be sure they mean all right.

It is more beautiful when we can consult our husbands about all our little wants and needs, but I have learned that a man's nature is different from a woman's. There is a time when he will listen and enter into all your plans, showing a keen interest also. On the other hand, there is a time when he must not be consulted. Do you worry him with your petty wants when he is working over in his mind his business problems? Can't you tactfully and lovingly help him with his problems? Then when his slate is clear, approach your own needs. He will listen; he will help and suggest; he will be your partner—for I have tried it and proved it.

My husband is a professor. I could have stumbled into the same difficulty as Mrs. C. L. M. has, but I have not. I will not—for I cannot.

Because my heart aches for Mrs. C. L. M. I have written this. I hope that the newly married couples will take her mistake or misfortune as an example and not fall into like trouble.

MRS. D. DE. F.

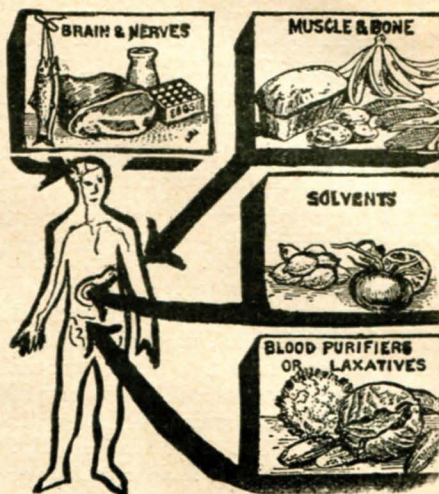
Why Did She Let Them Live?

TO THE EDITOR:

In reading your personal problem column read about the man who had a faithless wife. And he was an ideal man. I've been married twice. Each time I've helped a man up, but got nothing, not even a kind word, for it. The first had no parents and boarded with strangers; then he asked to get married, as I was nineteen and he twenty-one. Well, one year and three months passed, when I gave birth to a boy, a healthy little fellow weighing twelve and a half pounds at birth.

Then the very day the child came my husband hunted outside friends, as the child annoyed him. All the while I lay in bed my husband never came near us. And the babe was a good child, never cried as some babies do. Finally he drifted completely away, not even supporting us, so I went back home with my baby, leaving him everything. Then I divorced him.

Two years later I married another man, who seemed to worship the ground we walked on. What drew me to him was that he seemed to love the boy, while his own father hated him. Well I had saved a little sum from hard earned



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money, and I found now that that was what this man loved, not us.

We were married and when I found myself pregnant he started to show the signs indicating that he was filled with disease. So I asked a friend's advice, as I was ashamed to ask mother, and this lady told me to go to her doctor. I went and found I had contracted his disease, only not half so bad. I went home and cried all day, as I knew then what it all meant to the unborn child. But when evening came and he came from his work I told him, and a laugh was my only answer.

I kept on doctoring, but through his brutality I lost my unborn child. Thank God for that, as the child would have had to go through with what I had to go through. The doctor spoke to him but he would not listen, and then he started to drink it away, as he said. And oh what a life we have had, the boy and I.

Now I am a well woman again and he is half dead from the disease eating the marrow of his bones away. I am still living with him, but only as a housekeeper, just to keep him up. Show me the man who would do that for a woman!

Where are these good, true and honest men?

If death takes this man—as the doctor says he can't go on long—I sure would like to see the man that wrote that letter, the man who loved his wife and was faithful to her.

C. R.

How Another Man Feels about that "Stingy Husband"

TO THE EDITOR:

Regarding the letter of Mrs. C. L. M., my opinion is that she should have left him twenty-one years ago. She has no one to blame but herself. A woman with a college training could have solved the problem very easily, by clearing out and earning for herself, enjoying all the good things in life that he deprived her of. I would bet my last dollar that he is one of those religious birds that goes to church twice every Sunday with his bible under his arm. I have met his type before. And when it came to a crisis where one needed the courage of a man, he would be a yellow dog. No woman should put up with any such arrangements as this woman has put up with. If religious reasons have kept her from getting a divorce, then I am sorry for her. But I don't think the good Lord intended us to put up with any such misery as that; not if we can get away from it. He gave us a will and a mind of our own, and it was intended that we use them, and the most any creed can say is "I believe."

In closing, I will say that I would enjoy giving him a good thrashing with a rawhide in public.

R. B.

The Commodore, Feb. 3, 1922, 2 A. M.

TO THE EDITOR:

Just finished reading that "stingy man's wife's" letter, signed Mrs. C. L. M.

"Hopping mad" is right; I cannot conceive of such a man, married to so loyal and wonderful a woman.

I suggest asking the I. R. T. Co., for a "flat" car wheel (they have plenty of them) and tie it to Mr. C. L. M.'s neck, walk him out on one of the East River bridges and push him off.

He is no good to anyone, not even to himself; he has no right to impose himself on humanity.

W. A. S.

Room 1865.

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TO THE EDITOR:

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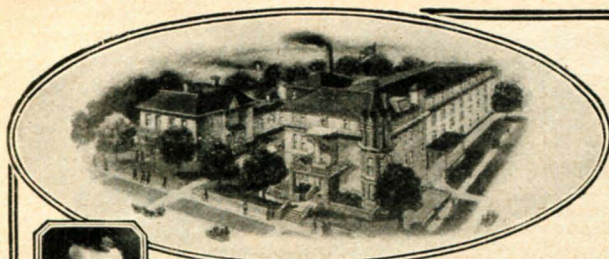
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"Six years ago I was near death's door, the faithful treatment by an M. D. and Osteopath physician having failed to reach my case. My attention was called by my Osteopath physician to the Macadden Healthatorium—now called The International Health Resort—of Chicago, as he hadn't the facilities for such treatment as I needed. Another friend, who had attended the—then called—Healthatorium with happy results, also advised me to visit said institution.

I took their advice and the diagnosis made by the head Doctor showed that I had almost pernicious anemia, my blood test only registering 50, and my blood was almost thin as water and had hardly half the red corpuscles necessary.

After a week's fast, subsisting on water and orange juice, I was placed on the milk diet, and was practically well in about twelve weeks, my blood having been brought up to 82—eight degrees of normal—and my complexion changed from a pale lifeless color to a rosy hue and my strength and lung power restored, as I had shortness of breath and was quite weak when I entered the Healthatorium. In conjunction with the milk diet, I had advice daily by an M. D.—who discards drugs—as this is a drugless Resort—and the massage and mechanical physiotherapy treatment by skilled Doctors in their respective professions, together with the Hydrotherapy service, skillfully administered, and also the gymnasium exercises which are scientifically given.

Notwithstanding I have had many sorrows since my recovery, I am now enjoying good health, and, instead of feeling 71 years old, I feel 71 years young.

I feel profoundly grateful to the now called—International Health Resort—for my restoration to health, hence, the management of said Resort is at liberty to use this tribute in any way they may desire. My observation was that quite all the patients, during my stay at the Healthatorium, were benefited and the most of them restored to normal health.

Yours very sincerely,
M. A. Malone,
Columbia, South Carolina.

The above testimonial will give you some idea to what we are accomplishing in the cure of disease. All non-contagious ailments are treated in our institution. Write us for further particulars.

INTERNATIONAL HEALTH RESORT
BATTLE CREEK MICHIGAN

as in my own case? Why is motherhood a payless job?

After you have been carefully reared and fitted for the greatest of all good gifts, instead of for a business career, then when you have faithfully done your part, giving freely your time, good looks and strength until you are absolutely fit for nothing else, and then Fate unceremoniously turns you over the job of being a provider too, what is to be done?

Instead of prohibiting birth-control, why can't our law-makers be made to realize that if we are to bear children promiscuously and against our better judgment, there should be some way provided for the mother to feed, clothe and educate her children without the help of charity, which any mother having been well reared would resent. My parents were very successful with their three older children in ferreting out and developing their natural talents into a paying vocation. Mine was the gift of a mother heart, and they took no less pains preparing me for my life work. I selected a man my equal in every respect, but instead of the children coming according to the limits of my strength, the first three came inside of two years, three more having been added to the list, but two went in an epidemic of scarlet fever and "flu." The remaining four are above the average in many ways and I hold the reputation of being an ideal mother. It's all I know.

Now the bare fact stares me in the face that I must be provider as well. Will the government help me? I have given motherhood my all. Will it be possible for me to hold my home together and stay on my job without neglecting my babies? You already know the answer. Then why not assure us mothers that our babies will be cared for if we give our all to bring them here? At the present rate we have no way of knowing how many to expect or what we can do for the unexpected ones.

Must my children be distributed around among obliging relatives while I learn a vocation by beginning to take up what I rejected for the gift of motherhood?

No, I'm not an abnormal mother, nor is my case unusual. Yes, I could care for more children if I had the means. But who is going to pay a mother much of anything in a material way for the priceless service rendered? A mother is on the job twenty-four hours every day in the year, yet there is no one else so helpless and underpaid.

Why bring more children into the world than we can care for and feed and clothe?

Mrs. H. S.

The Impulse of Mother-Love in Childless Women

TO THE EDITOR:

This desire for a child of our own flesh and blood is but human, but mother-love is also self-sacrificing.

Most keenly do I feel this great desire, and know myself to be physically and mentally capable. But having neither home or husband, were I to give my personal problem, it would not be how may I cheat these man-made laws, right or wrong, but how can I finance a home where I can gather together a little family of homeless babies and be a real mother to them?

True, some of them might prove to have inherited weak traits, but if I could use my mother-love and ability to help them overcome these, would it not be worth while? I am sure the joys would be greater than the sorrows, and at least my life would seem more complete.

B. L.

Are You a Wife—Or Only a House-keeper?

TO THE EDITOR:

Every woman will sympathize and understand when I say that, of all things in life,



Have A Clear, Rosy, Velvety Complexion

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one's highest ideal is to be "the one woman" to the man one loves; and how few of us realize that the fault lies in one's self, when we fail!

I was a month less than sixteen when I was married, sentimental, foolish and ridiculously young, with all of the colorful illusions of youth. My first baby came at seventeen, my next at eighteen, and my third at twenty. Before the birth of my third child, my faith in my husband was shattered; hopelessly mangled.

How many women who read this can understand? Only the ones who have been through the same harrowing experience. How I suffered! All of the mental agonies of the damned were mine, being naturally highstrung and temperamental.

Then I began to look life in the face. After all, one doesn't really live, until one has mentally suffered. In other words, I awoke from a long sweet dream, and found myself with a faithless husband, two babies, and approaching motherhood for the third time. What should I do? Naturally, the first thought that entered my mind was to leave him; but when I thought of the many "I told you so's" that follow a hasty runaway match, my pride rebelled. Then I did that which I think few people do: I took mental stock of myself; I asked myself a hundred questions and came to my conclusion.

All my life I had been petted and spoiled, and was consequently incapable of battling the world with my three babies, alone; I knew myself well enough to know that I would "jump from the frying pan into the fire" and marry again just because I would think that was the easiest way out. I was only twenty, did I have the will-power to go through all the dark hours of loneliness, unloved and unloving? A more assertive woman would not have hesitated about leaving her husband, but I knew myself, and I knew that I would be more miserable than ever if I left him. Then, incidentally, I knew, that despite his faults and weaknesses, I loved him.

I was good, one of those prim, religious, good girls, and had always thought that virtue would triumph over evil. My husband, on the other hand, loved everything worldly, theatres, cafes, dancing and the like, and I, economical fool that I was, refused his many invitations to accompany him; and he, as I later learned, sought more congenial company.

His nature craved excitement and variety, and I was becoming monotonous with my many lectures, my superior air, and my prudery. Of course upon my discovery of his infidelity we had quite a scene; he was sufficiently repentant and promised to do better—and he meant it at the time. But I had been fully awakened, and I knew that a whole lot of the fault had been my own. So to make a long story short, I decided to make myself over and change my tactics. I realized that, after all, I wasn't so ravishingly wonderful, and that there were other women in the world. But I also realized that my husband really did care for me. I know, and I say it with no grain of false conceit, that I am the only woman he has ever loved.

I never refuse to go out with him now, even if the grocery bill is unpaid; I try to be as much fun as any other girl could be; my husband is home every night, and enjoys being home; every one tells me that I don't look over twenty, though I am twenty-six, and my fourth baby is six months old. Oh, I am still good, but (now don't be shocked) I have learned to shimmy (though no one knows it but my husband).

A woman must be good, yes, but she must be something else, too, to hold a man. Men are so purely physical that a woman must not be entirely spiritual if she wishes to keep him. Many women stifle their God-given impulses because of their foolish, exaggerated idea of modesty; one can be human, dear reader, without being animal."

A man doesn't enjoy being looked down upon, nor up to, especially, but he does want to be on a level with some one.

A. P. M.



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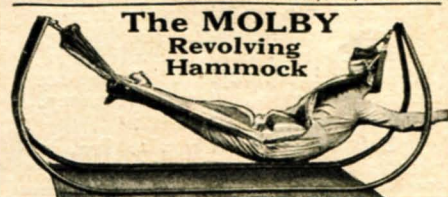
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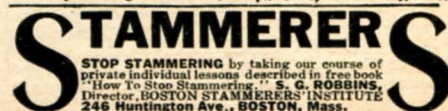


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Hard Knocks Made Me Strong

(Continued from page 29)

over; and he stopped drinking. He didn't
dramatically stop all at once; he didn't
tell anybody what he was doing; he
merely faded gradually from the brass
rail; and he never came back.

Smoking went the same way; and with
it went tea and coffee. Barker was begin-
ning to find that this business of follow-
ing out a reasoned course of conduct was
interesting; and that the job of domina-
ting a two-hundred-pound appetite was
a necessary part of dominating a two
hundred pound bar-bell. In short, he
was becoming something more than a
mere strong man, he was acquiring a
philosophy of life. He began to revise his
notion of values; he began to get a new
notion of the uses of physical strength; he
was interested to observe that his physical
condition had a lot to do with the control
he was able to exercise over his conduct;
that big muscles mean poise and quiet
nerves, and a usable mechanism for the
will and the reason to work through; that
a strong man is properly something more
than a mass of bone and brawn, and that
the whole business had a spiritual side.
I'll tell you in a moment, in his own words,
how he finally wound up this process,
years and years later, by "getting re-
ligion," and how to-day, convinced that
he is doing the Lord's work, he trains
men's bodies and keeps an eye all the
time on the Bible which lies continually
open on his desk.

The interesting thing about this man
Barker is the way he has extended his
gymnastics to a point where they include
his mind and his heart. Anybody can
have strong muscles, and can put other
persons through a lot of movements that
will give them strong muscles. But it
takes something more than that if you
are to have a touch faculty, an instinct
akin to the instinct of the born physician,
for hitting on just the right prescription,
and for sensing the individual need of the
individual man. More than that, if you
would definitely teach people how to
take care of themselves, and would im-
part to them a sounder view of living than
they have had before, you must have a
personality founded on the fact that you
yourself have fought your way through
to certain fixed and tested convictions.
Any dub can run a physical training
school, just as any dub can run the other
kind of a school. But if men are to learn
anything from going there, why no rough-
neck will fill the bill. It isn't the stevedore
type of service. It involves reaching men's
hearts and they will stay put.

It is characteristic of Mr. Barker that
he can tell you what is the matter with
you in seven languages. Of course he
doesn't. He gives you plain English of
the kind you can understand; but in case
of need, or if he had to do some swearing,

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he's got those seven languages. He picked up three of them when he was a boy, knocking around like a football of fate between Bohemia, Hungary, Germany, England, and, finally, America. The other four he picked up after he was forty because he had heard some idiot say that a man never could learn anything new after he was forty. He thought he'd show 'em, and he did. He went after French, Italian, Spanish, and Russian; and to-day can argue the tariff and the League of Nations and the uses of large muscles and religion, in any of those tongues.

Another thing he did was to go into Chiropractic. I confess I don't know much about Chiropractic, so I am unable to make any comment on the wisdom of the choice. But apparently Mr. Barker does. At any rate, after he swung me off the floor with his hair, he went on to demonstrate that I had a spine that was all out of whack by putting me on a low table and jumping up and down on me with his fore-paws, which are about as light and diminutive as two hams. It was not unlike going through a hydraulic press or a laundry mangle.

"There," he remarked when he was through operating. "Now you're ironed out smooth; and that's the way you ought to stay. If you find you have any of that stiffness in the back of your neck to-morrow just let me know. Stiff necks are my dish."

Well—if you'll believe it—I didn't. As I say, I don't know anything about Chiropractic; so I simply record the fact; I didn't. Perhaps breathing the physical culture atmosphere was what did it.

Barker became interested in Chiropractic because he figured that some way of making mechanical adjustments of the frames of some of the wrecks who come to him would enable him to do a more finished job on them, or at any rate to straighten out in a jiffy maladjustments which the mere use of gymnastic apparatus alone would require a long time to correct.

He went after it in characteristic fashion. His professional duties he attended to for six hours a day; and in his off hours he took courses in two chiropractic schools at once. The reason he went to two of them, one in the morning and the other at night, was that one lesson a day couldn't feed it to him fast enough to suit him. He is a slow eater at the table—at least I assume that he is; but when it comes to mental pabulum he goes at it differently. At any rate, he consumed his two chiropractic meals a day, and expressed himself as still hungry while the ordinary one-cylinder people in the same classes were fed up and suffering from dyspepsia on one.

Here again, the interesting thing is not that he has added chiropractic to his equipment; the interesting thing is the consuming energy of the man. It is absolutely in keeping with what you would expect after talking with him for five minutes. Back of it is a powerful en-

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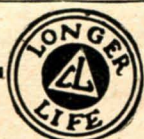
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Prof. Anthony Barker, D. C., Dept. W., 865 6th Ave., N. Y. C.

thusiasm, an eagerness, an interest—the kind of thing in short which you find in all men who travel far in their chosen work. What part perfect physical condition has had in creating that enthusiasm and eagerness I don't know. I have known men of very limited physical powers, men with one foot in the grave, who have had it, and who have driven ahead because they had it. But the question remains, how fast would they have driven ahead if they could have added to that flame from the soul the nervous energy which can come from a finely developed, perfectly functioning physical mechanism. It would seem that the question is not even debatable. This man is never nervous and he is never tired. I don't suppose he knows himself how long he could keep going under a prolonged mental or nervous strain.

I mentioned nerves. "Lean and hungry people think too much," he said. "Any thin and nervous person, in such condition that he can take exercise, who will go through a half hour a day, of slow exercising with weights can easily put on twenty pounds of weight; and when his nerves have gotten covered up to that extent, why they won't be so raw. They'll have some insulation, so to speak."

"But wouldn't that make a man muscle-bound?" I asked.

He snorted. "Muscle-bound! What do you mean by it? I've been in this muscle business most of my life, and I've never seen a muscle-bound man yet, unless you take it to mean people who have developed some muscles at the expense of others, and who are therefore pulled out of shape, like a farm boy whose one exercise is guiding a plough. But muscle, properly distributed, can give bulk and strength in overwhelming proportion without in the least interfering with agility and quickness. Any man who wants to be a man ought to have a body kept in the condition of a racing car. He may not want to drive at the rate of seventy miles an hour, but he ought to be able to if he wants to. He ought to have that in reserve. If he does, and if he be conscious of it, it will give him a basis for the building up of his personality that he could get no other way. I don't mean that physique is the whole thing. The mind and the heart are even more vital in the make-up of a man's personality than his body; but the point I make is that if he is all the time conscious that his body is on the point of going back on him, he is thereby robbed of his sense of security. He has nothing substantial on which to build self-confidence and courage. He may acquire a good personality, but it won't be as admirable as it would be with a good physical basis. And, aside from that, a man with a well developed body has the energy and the freedom from fatigue which make it possible for him to work harder and to play harder, and to enjoy life better than other men. Nervous, overworked, worrying, tired people, the people who don't dominate their jobs,

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Now Sees Clearly Without Glasses**

Before I received your courses my eyes had gotten so bad that my entire digestive organs were upset. My appetite was gone. I only ate because I knew that I needed food to sustain the body.

I had used two or three kinds of colored glasses to shade my eyes, but they seemed to only add to my misery after using them a few days. I finally decided to have my eyes tested, a thing I hated to do, but finally I went to an optician and underwent a treatment.

After carefully testing my eyes he finally became rather puzzled at my case because he found after careful investigation that I might not need glasses.

This puzzled me too for I knew not what step to take next. About this time I came across an advertisement of yours and sent for it at once. I received it in due time and have been following instructions as best I could ever since. This was thirty days ago. To-day I am able to see clearly on the brightest sunshine day without frowning, be the pavement or street ever so bright. I have discarded the glasses altogether. Very respectfully yours,

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I have been following the precepts of your book for two months and my vision has improved 100 per cent.

When I started at ten feet I could barely see the largest letter. Now I can see the second size letter which is one-half the size.

Yours truly,
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It may be interesting to you to hear that I have been able to discard my glasses and my sight is better than it has been in years. I would like to know how long the various strengthening exercises should be kept up. The glasses I discarded were for astigmatism, and were right eye 1-25, 30 and left eye 1-25, 120.

Again thanking you for sending me the books on "Eye Training," I remain, Very truly yours,
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Our files are filled with just such letters of grateful appreciation as those we publish here.

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Hundreds of people have been able to discard their glasses as a result of sending for Mr. Macfadden's Course in Scientific Eye Training. It is probable you can do the same. Why not try?

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We would like to have every reader of PHYSICAL CULTURE who is afflicted with poor eye-sight try Mr. Macfadden's Eye Training methods. For this reason we have arranged a plan whereby you can have the course sent to you on approval with the privilege of practicing the exercises for five days before deciding whether or not to keep it.

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Entirely at your risk you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$5.00.

It is understood if after trying the course for five days I decide not to keep it you will immediately refund my \$5.00 upon return of the course.

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never have time to enjoy themselves; they never dare to stop long enough to gather posies by the road."

"What led you into all this?" I asked.

"Being knocked about and cuffed and abused when I was a child," he snapped. "Some children get all the spirit and courage knocked out of them by that kind of treatment, but it just happened that it made me boiling mad. I fought back. That was all that saved me.

"You know they have different notions about bringing up children in Europe, particularly in such countries as Austria and Hungary and Germany, from what we have over here. I was born in Prague in 1866. When I was about ten years old I was sent to live with an uncle who lived in Vienna. I don't like to think of it. He was a brute, and his idea of controlling a child was frightfulness. He took every means to frighten me out of my wits, and to keep me that way, in a continual condition of mental torture. I could do nothing with any certainty that it would not lead to a beating. It was a training calculated, if anything could, to make a child cowardly and revengeful.

"I used to get up at four in the morning and work in a laundry till school time; and after a day in school I would come back and work in the laundry again; and there was little payment except beatings and scoldings. I could carry more liquor in those days than the average adult American. Children over there were brought up on drink from the time they were in the cradle. And another custom of the country was that everybody ate to excess. As in Germany, there would be six or seven meals a day. If you did not stuff like swine, there was something wrong with you. My favorite dish was meat, red pepper, and coffee; and it was a matter of pride with me that I was able to take more red pepper on my meat than anybody, even the adults of my acquaintance. So, you see, that physically and mentally I was going through a training calculated either to kill me or to make me tough as a piece of sole leather. And with it all went the everlasting round of beatings and persecutions.

"When I became fourteen years old I broke away and went back to Prague, in Bohemia, which is the country the newspapers mean when they talk of Czechoslovakia. By that time I had forgotten how to speak Bohemian. Consequently I found myself in for a new kind of persecution. I worked in a restaurant, and my inability to speak the language got me into all sorts of trouble with my companions, the result being continual fights, in some of which I got the worst of it, and in others of which I held my own. It did one thing for me, it taught me physical courage. I had long since learned to take physical pain and discomfort as a matter of course, and I stood in little dread of them.

"I stayed in Bohemia till I was sixteen. Then my disgust and hatred for every-

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Your Body Is No Stronger Than Your Grip

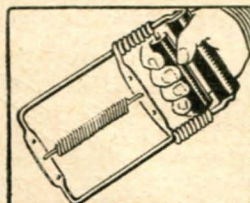
To build a strong body you must first develop a strong grip. This can be done in an amazingly short time—in your own home—with the VICTOR MASTER GRIP. This ingenious device exercises scientifically the neglected muscles of the wrist and forearm making them grow and expand so rapidly you will be astonished. In practically no time at all you can develop a grip that will be the envy of every one you meet. The VICTOR MASTER GRIP is also a grip tester, registering from 1 to 100%. Full testing directions with each one.

The VICTOR MASTER GRIP Is the Only PROGRESSIVE Grip Exerciser

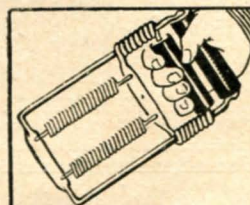
The reason the VICTOR MASTER GRIP is such a marvel and accomplishes such remarkable results is that it is constructed on the progressive principle. This means that the resistance it offers to the growing muscles can be increased as the muscles become more developed. Notice in the illustration how this progressive resistance is accomplished by means of the three wire springs. This virtually gives you three exercisers in one. So simple anyone can use it. So strongly made it will last a lifetime. Price complete only \$3, including course of instruction showing how to get best and quickest results. Send for one TODAY.

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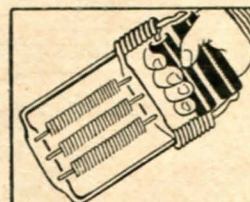
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thing and everybody in that life overcame me. I detested the lack of personal freedom, I hated the persecutions, I hated the everlasting shut-in feeling as of a prison house. What I wanted I didn't know, but whatever it was, I went to seek it. I went to Germany. That was better. There wasn't much freedom there, but there was order, and people had a way of minding their own business. Besides I was a stranger, and answerable to no so-called friends and relatives.

"Just about that time my mind turned, as a result of all I have been through I suppose, to the problem of becoming strong. I had learned by experience the practical value of strength. I needed it in my business. I made up my mind that I couldn't have too much of it. I was husky. I determined to be huskier. I wanted to be a match for anybody.

"It was not a high ambition, but it was a natural one. Boys are barbarians anyhow, and you must remember that I had been specially and highly trained in a school of fear, hatred, and suspicion.

"In the meantime, Germany became too stifling for me. I was still looking for the thing I never had seen. So I went to England. England! It was the first time I had ever breathed the air of freedom. England is the only place in Europe where they know what personal freedom means. It was a brand new thing to me, that thing called Anglo-Saxon liberty, in a country where the people ruled. Still, it wasn't quite the end. I was happy there. But it is an ordered life, and the customs of the country lie heavy on you if they are not wholly in accord with your spirit.

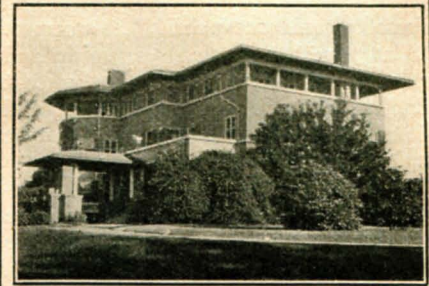
"I began to hanker for South America. I thought Buenos Aires would be about right, and I bought a ticket; having arranged to go there with a German family that was about to sail. But I never went. I guess they were too German for me. At any rate, I took passage in a Belgian boat for the United States.

"The trip over was not pleasant. The ship hands treated the immigrants like cattle; and one of their stunts used to be to throw overboard the dishes that had been assigned to us for the passage, and then turn in a bill against us, pretending that we had broken the dishes. Every fresh turnover on dishes meant a profit for them, and in that way they used to pick up quite a neat sum to spend on the girls when they should reach port.

"It was the old story. I was cynical and disgusted. I concluded all the world was just like that. It had been, so far.

"But when we reached Philadelphia the sun rose. I well remember the first intimation I got of the new life in this new country. A big, genial Irishman examined my passports, ascertained that I had enough money to be admitted, and satisfied himself about me generally. And when it was over, he clapped me on the back and said with a grin, 'All right, my boy, you're all right. You'll do.' It was the first time in my life that any-

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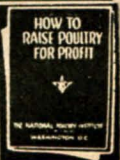
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thing of that kind had ever been said to me.

"My first job in the United States was in a sausage factory at Buffalo, where most of the employees were Poles. We worked fourteen hours a day, and for low wages; so I began to look about for something better. I thought of the Army; but I was under age. However, I was big for my years, and they were not so particular in those days as they were later. I got in all right, though I was a trifle under the minimum height; and thus it came about that I served eight years in the Engineering Corps.

"Those were eventful years for me. I was still bent on making myself strong. The Army was just the opportunity I

which was good for me; and sometimes I didn't, which kept me from getting discouraged.

"Before long I was detailed to give boxing lessons in the barracks, and found myself with the reputation of being the best boxer in the corps.

"That went on for eight years. Then I took advantage of a law which permitted a soldier to go out on full pay for three months and learn a trade. I began giving exhibitions, and I continued doing that after I was out of the Service.

"I traveled with circuses and gave all kinds of exhibitions for many years. Also, I ran several gymnasiums, with the assistance of my present manager, Mr. Edward Broderick, who has been with me for the last twenty-five years, and has been a great help and inspiration to me in all that I have accomplished.

"During that period I was a heavy drinker. My one hangout in most of the towns where I exhibited was the saloons, and for the sake of the companionship more than anything else, I drank and drank steadily. Of course it didn't do me any good, but my strength apparently was as great as ever. That continued till I was about forty-five years old. Then, one day, came a hemorrhage of the stomach. That showed me just how far I had slipped, and from that time I began to pull out of the muck.

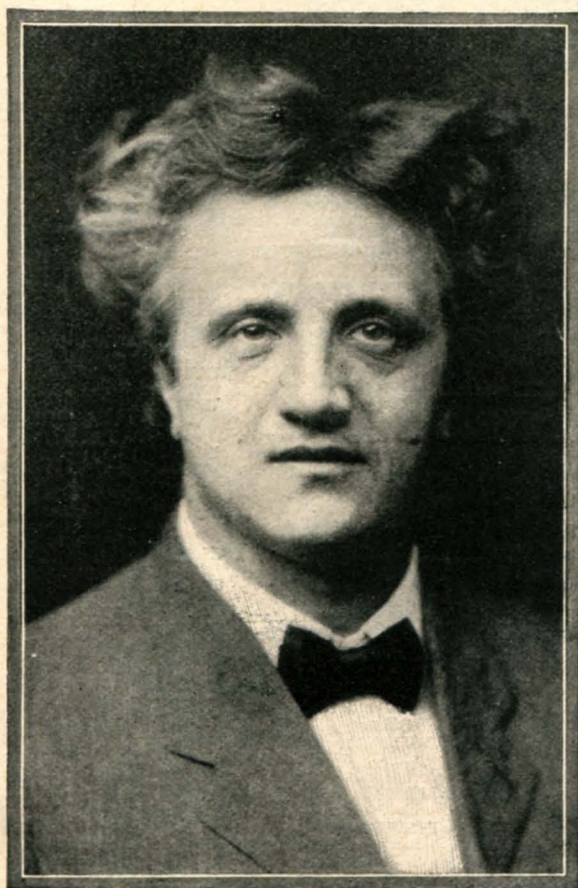
"One interesting thing that happened to me was that my hair, which had always been abundant, began to come out, after I stopped drinking, so that I was in a fair way to becoming bald. I went to work on my failing thatch on the theory that it wouldn't come out if it were properly nourished

and exercised. I pulled it, rubbed my scalp, I gave my head an amount of kneading and rubbing that had to do one of two things, take the hair out or put it back in. It put it back in. I consider that fair evidence that baldness is a man's own fault—like whiskers."

"But why did you want to be strong?" I asked after he had paused long enough to demonstrate how well his present crop of hair was rooted. "Is there anything more to it than the satisfaction of being able to break somebody across your knee if you have to?"

"That was my first thought," he smiled. "But that is not the reason why a man should make himself strong. Too many men want to be strong for the same

(Continued on page 124)



Anthony Barker at the age of forty-five

needed. One day I tried the common stunt of drawing a knapsack strap tight around my chest, and then drawing a full breath to see if I could break the strap. I broke it all right, to my own astonishment. It made an infant prodigy of me right away. I went right ahead and snapped every knapsack strap in the barracks, and so acquired over night a reputation as a strong man.

"The immediate result was the thing that happens to a man the minute he takes to carrying a gun, or a club, or capable muscles. Other strong men wanted to bring the matter to a show-down, and everybody else wanted to see some fights; and for some time after that I had my hands full challenging and being challenged. Sometimes I got licked—



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By Bernarr Macfadden

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Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.

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However, keep this in mind—there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation. But, like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that must be obeyed. Therein lies the whole secret of happy or unhappy marriage.

Until recently there was some excuse for women marrying with no knowledge of the responsibilities of wifehood because a vulgar prudery had thrown a dense black wall of ignorance around everything having to do with the marriage, a wall that kept girls and young women from learning before marriage the things that every woman must know in order to intelligently become the wife of the man she loves and the mother of beautifully healthy children.

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As you read the adjacent list of headings you will understand why so many thousands of women consider "Womanhood and Marriage" the greatest single factor for good, and for permanent happiness that has ever entered their lives.

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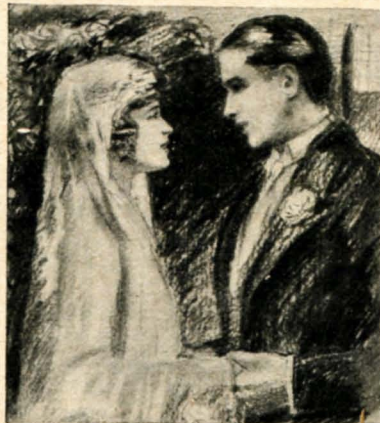
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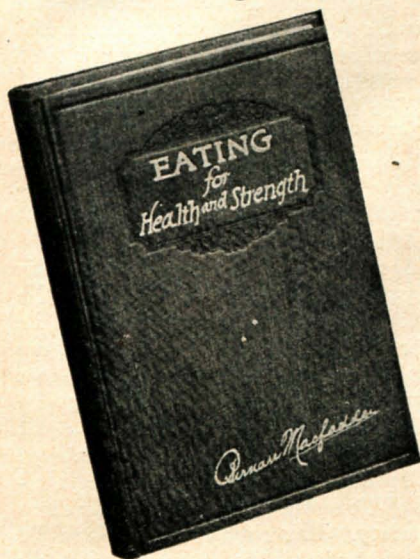
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In the main section of this message we refer to "harmful combinations of otherwise harmless foods."

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But, do you recognize the dozens and dozens of other food combinations that are far worse for you because while poisonous to the system, are not sufficiently violent to cause ejection? Those are the foods that kill because instead of being violently cast forth they are absorbed by the system which becomes saturated with insidious poisons that slowly but surely sap away health and vitality.

If you knew the countless thousands of cases of Bright's disease, diabetes, gout, rheumatism, nervous disorders, anemia, blood disorders, general debility that have gradually developed due to innocent but protracted mistakes in diet, you would realize more truly just how vitally important a well balanced, properly chosen diet is to you and yours.

"Eating for Health and Strength"

in its discussion of Food Chemistry, Physiology of Nutrition, and New Discoveries of Experimental Biology teaches you the underlying laws of nutrition that enable you to avoid such harmful food combinations.

The wonderful chemistry of digestion and assimilation causes the food you eat to become a part of your body and brain within a few hours after eating.

This fact you know and from it you also know that your body and brain can be no better than the food you place in your stomach.

Since you are what your diet makes you and since your diet is what you make it, the more you know about foods, how to combine them intelligently into well balanced meals containing all of the necessary food elements in proper proportion, how much and how often to eat, how to distinguish between what is fit to eat and what should not be eaten and how to avoid harmful combinations of otherwise harmless foods, the more nearly you will be able to control your own destiny.

Practically all disease begins in the stomach. There is no longer any doubt on that score. The food you eat determines the diseases you may contract or whether you may expect to be entirely free of disease of every kind. A properly nourished body is immune from maladies of whatever nature. It will not contract disease nor will it permit any hereditary weakness to develop into active state.

The reason that not one person in a thousand has any exact knowledge regarding the science of diet is that until recently the scientific side of food selection and preparation had never been developed. Physical nourishment was administered largely by rule of thumb, even by the few recognized dieticians. Of late years, however, with the public rapidly awakening to the importance of diet as a health factor, there has developed an insistent demand for authentic information that will not be denied. Many of the greatest scientific minds have devoted much time to the subject and now there is a fund of absolutely trustworthy information.

Bernarr Macfadden, through his position as head of PHYSICAL CULTURE Magazine and leader of the entire Physical Culture Movement is undoubtedly better equipped than anyone else to collect the great mass of data developed by scientists of two continents where it could be added to the findings he himself had made in his exhaustive studies along similar lines. He was the logical man to undertake this monumental work and for many months has been hard at work building from this great supply of wonderful material what is probably the most complete and comprehensive book on diet that has ever been written.

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should be as much a part of the equipment of every modern home as an up-to-date cook book or the kitchen range. As a health insurance policy it is worth its weight in gold. The following list of subjects covered will give you an idea of its tremendous scope:—

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(Continued from page 121)

reason that some men want to pack a gun. They figure that they may want to smash somebody. If that were all this strength business amounted to it wouldn't be worth the trouble. Very few of us are ever called on to use violence. Oh yes, I suppose it is a good thing to have the strength when the emergency comes, but to put all the emphasis on the notion of possible violence is a false ideal of physical culture.

"A man's life, as I see it, is for service to other persons. A man who doesn't put service to his fellows first in his life is no true man. And a developed body is simply an instrument that will enable him to serve to better purpose. If violence be his motive, then why go to so much trouble when a gun or a blackjack would be much more efficient?"

"You know—I've got a book here," he went on fingering the pages of the Bible that lay on the table beside him. "There is a story in it about Simon of Cyrene, the strong man who helped the Master carry his cross to Golgatha. Simon was a strong man—very strong. I'd a lot rather think of myself as strong enough to do something like that than as strong enough to beat somebody up. If strength will help a man to do his work in the world, and to carry his cross and other people's crosses, then it is worth all the trouble it takes to get it; and it doesn't take much. One of the things I chiefly wish is that there were a few strong men to use their muscles on people who are unkind to children, as people were unkind to me, and who terrify them with violence and with threats till they warp and twist their lives. But it is seldom the strong people who are unkind to little children; it is the weak, snarling, ill-tempered ones, whose nerves are frayed, and who are wanting in humanity because they are wanting in strength.

"Families and family life would be happier if men would put in a little time building up some strength and some surplus energy for use at home, instead of using up all they have at the office. Show me a man who isn't too tired when he comes home at night for a romp with the kids, and I'll show you a man who is physically up to his job. The Tired Business Man is nothing but a standing evidence of his own selfishness. He has no excuse for being tired, so far as the ordinary routine of business goes. If he's tired, that's his fault; and he is making others suffer for it. He is short on service and long on self indulgence.

"I was speaking of children, and of the harshness of weak people. You've heard the line:

"The bravest are the tenderest; the loving are the daring."

"Well, that's about it. It takes strength to be gentle to women and children. The brutes are contemptible weaklings.

"The stronger a man is the happier he is; the less likely to lose his temper, the more likely to see a joke or crack one, the more likely to be patient and kind with those nearest to him, and generous to all the world.

"You know the saying that laughter is the overflow of strength. That means that it comes from a strong spirit. But how can such a spirit work to advantage through an inadequate mechanism? It can't be done.

"A man who has learned to use his body right is exercising all the time. He keeps himself in correct postures, he never drops into wet dishrag attitudes or permits himself to slouch. He eats simple food, bewares of sleeping too softly, takes baths, and puts in about twenty minutes a day of body training, and makes it as much a part of the business of life as the work by which he earns his salary. It is simple; but the trouble with most of us is that we need somebody to prod us and keep us going till we get the habit. That's my job. I start them going and I try to keep them going.

"But there's one thing about this work, and about all work, that makes it really worth while. I discovered it one day when I was walking up in Fifty-Ninth Street. I came upon a street preacher there, and I stopped and became one of the crowd that listened to him. I had heard many of them, and none of them had ever made any particular impression on me one way or the other. I wasn't irreligious and I wasn't religious. I just hadn't given the matter any thought. But for some reason that man got me. I don't know why. He just did. I passed on with a new notion of life and of my work. It was just plain, old-fashioned religion; and it has given me joy in what I am doing and a purpose in the doing of it, and the courage to go on because I know my goal.

"This book—this Bible—I read every spare minute I can get. I'm in the middle of Second Timothy now. When a man's got the Bible, and when he knows how to pray, and has found his work, he doesn't need anything else on earth. At least that's how I figure it.

"There's a Tent Evangel up at Amsterdam Avenue and 110th Street, and I go up there whenever I get a chance. Generally I find an opportunity to make my muscles useful when I get there, because there are chairs and benches and one thing or another to be carried about, and most of these preachers you know haven't gotten to the point yet where they see how handy it would be to have muscles to match their heads and their hearts. But they'll get to it.

"But, you know, there's one thing about the whole business that I'll always regret. That night I heard that man in 59th Street, I was so excited that I walked on without finding out who he was. I never learned; and now I suppose I never will learn; and he'll never know."

Why Your Wife Doesn't Love You Any More

(Continued from page 25)

full of headache stuff. If, when we went to a restaurant, I did not step behind her and arrange her chair as she sat down she was insulted. Always must I be on the run for her. Once a week we would go in to the theatre from our little suburban home, and on such occasions if I went into the smoker to finish my customary after-dinner cigar, she would be peeved. On arriving at the theatre, if I didn't turn her seat down, find where her program started among the advertising, fold it for her and hand it to her properly, she would look hurt. She didn't seem to recognize that we had been married four years and that a fellow can't always be treating a wife like a rich aunt in delicate health. If she made something new and I neglected to comment on it, she would begin to pout and say that if I really loved her I would notice such little things. I had noticed it, but was feeling a bit tired and hadn't bothered about it. Of course I loved her, but she ought to take a commonsense view of it.

"What's the use of getting married if you have to go galloping around all the time?" I asked, but it didn't seem to make any impression on her. She kept expecting me to act as if we were still honeymooning.

I began to get tired of it. It was all right to be thoughtful and attentive some of the time, and especially if not tired, but to keep it up month after month is too great a strain. Why couldn't we just settle down like the average couple—to eating three meals a day and letting things drift? It was a lot easier than chasing around, trying to be a Sir Walter Raleigh when we had been married long enough to let a yawn go unhampered.

So I decided to cool her off a bit—and I had wonderful success!

When I was in the midst of a baseball account and she broke in with, "Oh, honey-dove, where is the Sargasso Sea?" I said, "In the same place it used to be."

There wasn't much of an answer she could make to that. In fact, she didn't try. She just sat there and looked at me and then after while she sighed.

Coming over she dropped down in my lap and began to twist up one of my sparse locks. "Is my 'ittle hubby-boy all tired out to-night?"

I didn't put my arms around her or anything; I just kept on reading. "Not any more than usual," I said and pretty soon she got up and let me alone.

"I told the Springers we were coming over to-night," she said.

"Oh, is that so? Well, you can just tell them that I am going to bed."

And I did, so she had to telephone and

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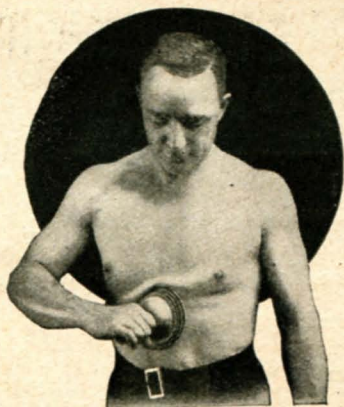
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explain how I had suddenly picked up a bad cold from somewhere. But it cured her. Soon I had her where she wouldn't dare make a move without first consulting me. There was only one unfortunate thing about it—she now had to go home oftener to see mother.

It used to be that if we were out and I was having an interesting conversation with some one, she would keep breaking in with, "Isn't that so, honey?" or "Do you remember that man's name who sold us that dozen of eggs with the three bad ones in it?" I would say, "No, dearie, I don't remember it," but now I said, "Of course I don't remember that old gink's name. What do you think I am—a professor for one of those memory courses?"

Or sometimes I would say, "Why don't you use your own think-tank, if any?"

Well, it cured her. In a short time we could go out to call and the whole evening through she wouldn't ask me a single question. And coming home, if I wanted to walk along in silence, I could do so without her breaking in to interrupt my flow of thought. Of course I hadn't any thought, let alone enough to flow, but I liked to think I had. I was fully prepared, if any great thought burst on me, but usually I just went home, looked at the furnace and went to bed.

When we were out and anything came up about people's ages, I would laugh and say, "Angela doesn't have birthdays any more, do you, old woman? Why, the last time she went to vote she was three years younger than she was the time before—weren't you, Grandma?" That had a good effect and sobered her down surprisingly.

When we were calling and anything came up about money, I found that that was a splendid opportunity to tone her down. When she would say, "I don't see how prices are going down much—I had to pay \$2.68 for our last ash can," that was my chance.

"Where do you get that 'I' stuff?" I said. "If my memory hasn't completely failed me it was my money that paid for that ash can—and besides it was \$2.89 anyway."

"I don't think it was, dear."

I knew I was right and so I started in to argue and after ten or fifteen minutes I had her so tangled up that she didn't know whether it was an ash can or ash tray. That put a quietus on her, too. Only I noticed that she was getting so she liked to slip out to the movies alone more than she used to.

Another good thing I found, when we had company in to dinner and conversation lagged, was to begin telling about the fool things Angela did.

"Say, here's a good one on old Ange," I said and laughed. "The other night she went off to bed and left the prunes cooking and the next morning she had to pry them off with a putty knife, didn't you, Ange, old girl?"

"Well, I was cooking them for you."

"No, you weren't—not that way," I cackled back. "But say, that wasn't anything. Nothing would do the old lady but she must white enamel the bathroom and what did she do but upset the can on the stair carpet, didn't you, Gloomy Gus?"

"I had been asking you to paint it for so long," she managed to say.

"I'd got around to it sooner or later," I said, "and wouldn't decorate the stairway with it, either."

Then after everybody had had a good laugh at her I would turn the conversation to something else, because people don't want to hear about your home life all the time.

It used to be that when she bought a new hat, a new dress or anything that way she would expect me to rave over it, but I don't now. I have a better method. I just draw down the corners of my mouth, shrug and say, "What did it cost?" When she tells me I say, "Didn't you look anywhere else?" Then I can settle down to my reading. Only sometimes I think it seems to take more dresses than it used to.

Recently Angela began to get stout and it worried her a great deal, as stoutness runs in her family. She bought a dieting book and began to practice it and when we were out to dinner with friends and things were sort of running slow I would begin to tell about Angela and her dieting. I could make it perfectly ridiculous and it gave everybody a good laugh.

"Goodness gracious no," I shouted, "don't give Angela that potato. How could you be so cruel? Don't you know that a humming-bird would starve to death on what she eats? You ought to see her at home, sitting there with a book in one hand and a bean in the other wondering—oh wondering if she dare! And what kind of bread do you think she is living on? Bran—the kind they feed to cows. And all the time she keeps getting fatter and fatter. Why, the other day she wanted a penny and told me to go down to the other end of the platform. But I slipped back just as she was getting on one of those automatic weighing machines. And say! the hand just pretty near turned a somersault. No, I won't hush!"

There wasn't anything she could say because it was true.

I worked more of these little schemes. When she would start to tell a story I would say, "You know what you always do—get it all mixed up and forget the point. For goodness sake, see if you can't get this one right." And when we would go to the theatre I would look around and pick out all the pretty girls in the place and enthuse over them. "Looky there—that's a pippin. That wonderful blonde hair. Ummmm!" As Angela is quite dark it made its impression on her. She began to find that she wasn't the only pebble on the beach. Success attended my efforts.

Now I have got her so that she doesn't

bother me much any more! She doesn't climb into my lap just as I am settling down to a good time reading, and she isn't always breaking in with a lot of bothersome questions. In fact, I can read all evening now, or have a quiet little game of solitaire, and she won't interrupt me once. And she doesn't care to go to the theatre much any more—that is, with me. She goes out a good deal with other people but she doesn't drag me along. It is getting so now that I can drop into the club and play all the crazy pool I want to and she doesn't say a word. In fact, she hardly knows I am out.

Our home is now a quiet, peaceful place, with no silly chattering going on—no fol-de-rol. I could stay out all night now and she wouldn't say as much as she used to when I missed the 5:15. I would recommend the plan to any one who gets tired of the annoying little things a wife does. It is a sure cure. No one, who will faithfully and honestly follow my method, can say at the end of a couple of years that his wife loves him too much. There is nothing like my method to put a wife in her place.

How I Stopped Coughing

(Continued from page 26)

I began to regulate my diet, my clothing and my breathing. One result of my improved regimen has been that for nearly fifteen years I have not known the meaning of the word constipation. To this, I think, is primarily due my freedom from colds. I don't average one cold per year now, and when I do have one, it is usually of not much consequence. This winter is pretty far advanced, and I haven't had a suspicion of a cold.

There are five things to which I attribute my success in getting rid of these pests. First on the list I would place my light, balanced diet, with almost no meat, but with plenty of fruit and green stuffs.

Second, plenty of exercise. The morning calisthenics are not to be neglected. Body-bending and abdominal exercises are particularly valuable. I regard the stunt of lying on the back and raising the legs in air as one of the best in the category to keep the intestinal machinery healthfully at work. But these exercises do not suffice for me, as my bread-winning occupation is peculiarly sedentary, so I do a great deal of walking. I enjoy exploring and sight-seeing and am interested in most things that I see, so a hike gives me both mental relaxation and stimulus, as well as physical benefit. Of course, all-day tramps are for spring, summer and fall; but there have been very few Sunday afternoons during the present winter when I did not do from five to ten miles. And if there came another pretty day during the week, I duplicated the per-

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formance. This, with shorter walks on the intervening days, brought my monthly average up to a hundred miles or more.

An errand of any sort may be turned into a pleasant and profitable hike. As for example: I live on Morningside Heights in New York City. One wintry Sunday afternoon my wife and I decided to attend a four o'clock service at a church at 58th and Madison Avenue, so we walked down there—rather more than five miles. After service we walked to the Columbus Circle subway station and then home from our own subway station, bringing our day's total up to fully six miles. Often when I go down town to visit business places that are rather widely apart I go the whole distance on foot.

Third, one must have plenty of fresh, moist air, not only when out of doors, but in the home. Always have a window open somewhere in your house or apartment, if possible, and upon no consideration sleep without a window open, even if it is only a little crevice.

Fourth, I wear light underwear the year 'round—never anything heavier

than nainsook or madras or some such material in winter, when I am attending to ordinary business. My only exception is this: if I go out for a long walk on a cold day, when I am apt to be several hours in the open, I put on a light-weight union suit with a little wool mixed in it, also wool socks and no overcoat. Discarding the overcoat makes walking easier, and the heavier underwear, together with the exercise, usually keep me as warm as I could wish.

Fifth, I take a cold bath every morning. I regard this as one of the very important factors in stimulating and fortifying my body against colds.

I am well aware that there are some delicate individuals who cannot live the robust life that some others live, and that there are those who are deplorably oversusceptible to the attacks of colds; but every normal or near-normal human being can do the simple things suggested here, and even those who think themselves very frail (I was a pretty frail piece of Dresden china myself at one time) will find astounding benefit to be derived from such a regimen.

"It's Going to Be a Boy"

(Continued from page 47)

within three days after the menstrual flow has ceased the offspring will be a girl. I have never known this law to fail.

If conception occurs between the fourth and seventh day after the period the offspring is as likely to be male as female.

If conception occurs on the eighth day or any time thereafter up to the twentieth day the offspring will always be a male. I have never known this law to fail.

The careful observance or study of these laws enables us easily to account for the theories heretofore advanced.

To illustrate. It has always been claimed that after protracted wars male children predominate. At that time the male population has been reduced. Those remaining at home and reproducing their kind are not the eager, red blooded, aggressive, fighting men. Do you get the idea? I think you do.

Another illustration. In civilized communities where men must do the hardest and greatest amount of physical labor during the early spring and summer months we find that more male than female babies are born during the following winter. The reason is that the male is physically tired at the heavy working period and not so eager for his mate. The union is delayed and the law of sex is fulfilled.

Try the feeding process. The man who is stuffed is, like the man who is tired, not so eager and the mating is delayed.

Yet the theory of Dr. Schneck showed that he was a close observer. The well nourished, vigorous couples had a preponderance of girls. The reason is now

obvious. There was no delay in the mating.

The theory has been advanced that the ovum is always male, and the spermatozoa always female. That the shell or covering of the ovum was soft and delicate at first and therefore the male element predominates. As the ovum grows older nature, recognizing the demand for more males, hardens the shell, and while the spermatozoa will fertilize, it will not predominate and a male offspring follows.

This theory is quite plausible; time only will prove or disprove it. In the meantime we have a practical working plan which really works.

I explained all of these things to a German scientist who came to see me early in 1915. He was at first skeptical but when he learned of the number of cases in which it had been demonstrated, he gave me some statistical data as to the time of greatest fertility, as well as the period of relative sterility. I had already secured some of this information by observation, but nowhere else on this earth could it have been obtained in such exact detail as it was given to me by this military officer.

"How much evidence have you, Dr. Reeder, that your conclusions are correct?" he asked sharply.

"About two thousand cases."

His lips snapped together as though to suppress an exultant smile.

I was later informed that the method of sex control which I explained to this representative of the German emperor, was at once put into practice in his country

and shortly after the war was ended it came back to this country and was branded "Made in Germany." But as the copyright records at Washington show that I supplied it in printed form in January, 1915, and some of my patients can show living proofs that are nearly twenty years old, I am satisfied with the "Made in America" label.

As to case reports, I am not going to go into details of technique as we do in the Medical Conventions, but I can offer my own five sons and also two grandsons as a response to my desire to perpetuate a name for which I have a very great affection.

Next: A fine young couple in Toronto, Canada, had four sons, wanted a daughter. They have it.

Next: A childless home, couple married six years, wanted a son. Conditions were such in this case that I did not believe conception could occur except under the most favorable circumstances and I advised a daughter, possibly two of them. They have them. I expect a later report about a son.

Then come a couple who had married rather late in life, a farmer of forty and a school teacher of thirty-six. After four years they had given up hope when they learned about a neighbor's happiness. They wrote to me from Saskatchewan. I told them what to do. Three months later their physician told the wife that she had a tumor and must be operated upon at once.

He called a surgeon who agreed in the diagnosis.

They wrote to me giving symptoms in minute detail, and I told them how to diet for that kind of tumor. Six months later a boy was born.

I could tell you of case after case, but why should I? Almost any farmer friend will gladly give you the demonstration with his cattle and horses. The dairyman wants heifer calves, the feeder wants bulls. Tell him how to secure such results and you keep the records.

Prove it.

I advise childless couples to live apart for a month and then proceed in accordance with their desires for a male or female child, and if they have been married more than three years I advise fertilization on the third day. The baby will be a girl. Then wait until little Miss is weaned. Again live apart for a month and secure fertilization on the eighth day.

The baby this time will be a boy.

Like all of the great laws of nature this one is the essence of simplicity.

When the male population is depleted, weakened by wars, overwork, illness or exposure, mating is delayed, nature recognizes a need and supplies it.

When conditions are reversed and there is a scarcity or weakened condition of the females, nature again recognizes the demand and proceeds to supply it.

Now that we know the law, the active will may control conditions and give us the results we may desire.

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What Would You Do with a Burglar?

(Continued from page 27)

the pickpockets, the sneak thieves, and the night house burglars. Let us put the "dinner hour house burglar" in the middle class.

There are three kinds of hold-up men: The bank hold-up man, the train-robber, and the thug who operates on the streets. The first two belong to the underworld aristocracy. The last comes under the "poor folks" classification.

There is an interesting psychological phenomenon here in relation to the degrees of underworld nerve. For instance, the pickpocket never becomes a hold-up man; under no circumstances could he be persuaded to participate in a hold-up. Under no circumstances could a house burglar be persuaded to steal in broad daylight. I once took a "dinner hour house burglar" out with me on a bank burglary. When he heard the explosions, he nearly collapsed with fright.

The "A No. 1" house burglar always works at a certain time and that time is the dinner hour. If he has selected your house as one that offers inducements in the way of furs, jewelry, cash or other valuables, he first ascertains what time you take dinner. While you are at dinner, he climbs up to your second story window, always in the rear of your home. He may go up the rain spout, monkey-fashion, the porch, or from window-sill to window-sill, shutter to shutter. He gets there by some means or other. While you eat, he works. He works very cleverly and leaves everything as he finds it. So that if you were to go upstairs unexpectedly, you would see nothing that would arouse your suspicions. If he hears you coming, he hides, gets out of your way until you return to your dinner.

Now let us suppose that a burglar is in your house, working upstairs while you are at dinner. You leave the dinner table to go upstairs for something. The thought of burglars is the farthest thing from your mind. You go to your room. While there you hear a noise in your closet, see somebody behind a door. In a word, you have seen a burglar in the room.

What is the sane, sensible thing to do? Let us reason it out.

Doesn't the fact that the burglar is hiding imply that he has not come into your house to kill or maim you; that he is trying to avoid you, that he has come to rob you and go away, without a personal encounter? Of course it does.

Well, what should be done? Suppose you are a man, and you give him a battle. You may be killed in the battle. If you are a woman you will probably scream and dash downstairs.

Both of these decisions are wrong; these are the things you should not do. The really sensible thing to do is this: Leave the room immediately. Go to your phone, if it is downstairs, and call up the

nearest police station, explaining in detail just what has happened. Or if there is a key on the outside of your door close the door quickly and lock it; then do your screaming, shout to the rest of the family that you have seen a burglar in your room. Before the echo of your words has died away, the burglar will have gone.

Always bear this in mind: the "dinner hour burglar" always tries to finish the job and get away without disturbing you. Unlike the desperate night burglar he does not go into your home looking for trouble, anticipating trouble, ready to kill if it comes. *He will not shoot unless he is cornered*, unless you stand between him and liberty. I have known many good house burglars that never carried a gun, fellows that were not addicted to drugs. If you were to run up against this type of burglar in the dark, the type that is not easily rattled, that doesn't use drugs, you would have a chance for your life. But since you do not know what type of person you will have to deal with, why jeopardize your life?

The "dinner hour burglar" is the least dangerous of all house burglars. Drug addicts among this class of prowlers are rare. The fellow from whom you may expect anything is the fellow who enters your home in the dead of night, the one that prowls all over your house with the stealth and cunning of a tiger in the jungle. He is the individual with murderous instincts—the wild, hungry, drug-crazed burglar.

If you do not abide by the advice that I am going to give you about this fellow, you do not attach much value to your life. For here is a criminal who kills on the slightest provocation. He goes into your home armed, looking for and expecting trouble. A life means nothing to this drug-crazed thug. I have never known one of these thieves who wasn't a confirmed drug addict. They are without doubt the meanest, the most blood-thirsty, and cowardly class of thieves in the underworld. It might be appropriate for me to set down here for your benefit a little incident illustrating an experience I once had with this type of burglar, one who had become a hold-up man. The leader of this gang was a negro known to the underworld as "Brooklyn Shine." He worked with two other negroes, "Riverside Shine" and "The Wolf." All were cocaine fiends—three murderous negroes absolutely devoid of every humane instinct. God only knows how many lives they had taken. Their field of operation was the old Philadelphia, Wilmington and Baltimore Railroad, now known as the Philadelphia, Baltimore and Washington Railroad. Their victims were poor hoboes, berry-pickers, oyster-dredgers and farm-hands. These poor devils would work on the farms of

southern Delaware and Virginia during the fruit season, accumulating fifty or sixty dollars, when they would go to Baltimore or Philadelphia and purchase a few clothes.

When the train started out, "Brooklyn Shine" and his gang would start prowling through it. Every box car was entered. They swung into the empty box cars from the top of the car with the aid of a rope-ladder which was attached to the running board on the top of the car. Just as soon as they entered the car they would close the doors, light a candle and shout, "Hands up! Everybody get up in the corner of the car." The poor hoboes were then robbed of their earnings. Not satisfied with this, they made the wretched knights of the road jump from the train, regardless of how fast it was running. Some of them hit the ground safely, others fell under the wheels and were ground to death. The ones that resisted were killed right then and there. It is known that this gang of negro dope fiends killed at least fifteen or twenty hoboes.

Here is my story: Jimmy Ford, Eddie Portland and I woke up one beautiful summer morning in Wilmington, Delaware, with about fifty dollars in our pockets. After a week's pilgrimage in the berry country of the Delaware Peninsula, we found a bank at ———, Delaware, that looked easy. The fact that the country was alive with hoboes picking berries helped our cause. Strangers were not noticed. We robbed the bank and got away with fifteen thousand dollars, arriving in Wilmington at daybreak the next morning, when we immediately went to the woods.

During the day in the jungles the name of "Brooklyn Shine" was frequently mentioned, and Ford joshingly remarked, "Wouldn't it be funny if we were to run into him tonight and be held up by him and his gang!"

We were perfectly familiar with his methods, knew all about his killings, the notches on his gun, etc. We decided to go to Baltimore by freight. So there was a possibility of our meeting the "Brooklyn Shine," and we rather relished the thought of doing so. At midnight we came out of the woods and proceeded in the direction of the freight-yards, to catch a train for Baltimore.

When we arrived at the watering-tank, there were at least fifty hoboes waiting for a Baltimore freight, all of them berry-pickers on their way to the city to spend their money for clothes, booze and diversion. Circulating amongst the crowd were three negroes, whom we subsequently ascertained were "Brooklyn Shine" and his gang. Ford spied him first. Just as soon as he did so he took from around his neck a handkerchief, which left exposed the five-karat diamond in his tie. He remarked as he did so, "I don't want that nigger to miss me. If he gets a flash at this rock, I know he will be after us."

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Finally the "Shine" and his two pals reached us. "Whar you-all gwane, boys—to Baltimo'?" to which we replied in the affirmative.

I could see his hungry, murderous eyes as he took a look at Ford's big diamond. He asked Ford for a match; this was only a "stall" so that he could get a better look at the diamond. I knew there was going to be hell to play after we got on that freight train. I was wondering what the "Brooklyn Shine" would do if he knew just what he was going up against.

The freight train arrived. Ford, Portland and I got into the seventh or eighth car from the engine. "The Shine" and his gang got into the second or third car from the engine, along with five or six hoboos. In a few moments we were on our way to Baltimore in the "side-door pullman."

We had traveled about twenty miles when we heard a groan. We looked out of the car, and as the train rambled by we saw the form of a man beside the track. We looked towards the head of the train and saw another form plunge from the train, and as we passed it we heard still another groan. We continued to look, and as the fireman opened up the door of the fire-box to feed coal to the speed demon of the rails, the flame from the fire-box illuminated the top and side of the car so brightly that we were able to see the "Brooklyn Shine" and his two pals ascending the rope ladder.

We knew we might be next, so we backed up into the corner of the car and waited for developments. They came much quicker than we had anticipated. The rope ladder suddenly swung into the car. In a second "Brooklyn Shine" came clambering down it, gun in hand, hat pulled over his eyes. His two pals followed. It was only the matter of a few moments now before the drama would begin.

Blood would be shed—that was a certainty. Death was inevitable, too. We had decided that we were going to shout "Hands up" just as soon as they had closed the doors and lighted the candle. They closed the doors and lighted the candles much quicker than we had thought they could, and before we knew it they had commanded us to throw up our hands. We drew our guns and blazed away at them. In the gunning match the candle was extinguished, so the mark in the dark was the flash of a gun and we all blazed away at the flashes.

One of the niggers opened the door and jumped. Ford had dropped with a shot in the shoulder. Portland had a finger shot off; a bullet grazed my head taking the crown out of my hat. On the floor, dead, lay "Brooklyn Shine" and "The Wolf." "Riverside Shine" has never been seen since that night. Probably he fell under the train.

They were three bad coons, and the killing of them was not a crime. I learned afterwards from a friend in the Philadelphia Detective Bureau that they had

been after "Brooklyn Shine" for two years; he had killed two women in the burglarizing of their homes in Philadelphia.

Can you imagine what would happen to you if you met one of those niggers in your house? As they say in the underworld, you wouldn't have a Chinaman's chance. They would kill you at the drop of a hat.

* * * * *

What is the sensible thing to do if you are in bed and hear a burglar downstairs? If there is a 'phone in your room and you can reach it without getting out of bed, call the police. If you must get out of bed, be very cautious, because if he gets the idea that you are 'phoning to the police he will probably come up after you. If you can't get to a 'phone, close your door quickly, lock it, raise your windows, shoot your gun, have your wife scream. For nothing so terrifies a burglar as the weird, hysterical scream of a scared woman. I speak from experience. *I know.* A posse couldn't drive me away from a bank; but let me hear a woman scream, and I was gone forever, doing a hundred yard dash in nothing.

Every home should have firearms, but never seek the burglar with them.

Keep out of his way! If you see him crawling in your window or facing an entrance, blaze away at him. Under those conditions it is all right to do so, but, don't go looking for him in the dark just to convince your wife that you are a hero. Your wife would much rather hear your friends say "There he goes!" than "Don't he look natural?" Discretion is the better part of valor. Don't forget that. Just think of the people that have been murdered in their homes.

When you sit down to dinner, draw your shades. The first thing the dinner hour burglar does is to peek in the window to see if "everybody is present." Lock all your windows upstairs before you go down to dinner. Lock all the doors to your rooms. *Be sure to do the latter—it is very important.* Few burglars carry skeleton keys and will leave your home immediately when they find their entrances blocked.

If a burglar is working in the room where you are sleeping, lie still. If you are a woman, don't scream. If you are a man, don't get up. If you have a gun and are a good shot, blaze away; that is, if there aren't any children in the room. Don't jeopardize the lives of your children because you think you are an Annie Oakley or a Buffalo Bill. Remember your family needs you, that all the jewelry in the world isn't worth your life. Remember what I have said about the night burglar being drug-crazed. *Please don't forget that, friend.*

The hold-up man of the streets is a bad character. I am not speaking of the bank hold-up man. I am speaking of the thug, the gangster, the dope-fiend. If you meet one of these fellows forget all you have heard about "How to disarm

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the bandit with jiu-jitsu." Put your hands up. The easiest way is the best. If I met one of them, I would do just as he told me to do without any ceremony.

Now for a word or two to the employers of servants. Don't permit servants to bring their friends into your house. I know dozens of professional house burglars who make a practice of cultivating the acquaintance of servants. The dinner hour house burglar of to-day works with a woman. She gains the confidence of servants and gathers very valuable information which she transmits to her burglar sweetheart. The clever, dapper dinner hour burglar of to-day specializes on maids. He will spend weeks, months if necessary, getting information about your jewels, the location of them, the layout of your house, etc. He gathers this information piece by piece from your maid, gets it from her unconsciously. Many of the big so-called "mysterious robberies" are committed in this way. The maid has been an unthinking tool. When you hire a servant, don't accept the recommendations of either the servant or the employment agencies. They mean absolutely nothing. Burglars forge recommendations. Get in touch with the signer of the recommendations, check him or her up, ascertain who and what they are. Don't be gullible. Be skeptical, and inquisitive.

For the past two years in this country we have had an absolutely unprecedented wave of crime. The house burglar has played a very important rôle in this drama of banditry. You, by your indifference, your carelessness, and your inattentiveness have made it easy for him. It is nearly time that you woke up to a realization of your responsibilities as a law-abiding citizen.

Stop creating opportunities for burglars by leaving your doors and windows open, by throwing your valuables indiscriminately all over your house. Get a safe, or hide them. Be more concerned about the type of people you take into your home as servants. Don't leave the keys to your doors around your house, so that somebody can get impressions of them from which to make duplicates.

In a word, be eternally vigilant. It is the element of surprise that makes robberies successful. Be on the alert day in and day out. For who knows but you may be the next to hear the masked burglar's command of "HANDS UP!"

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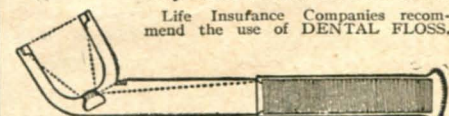
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Learning to See without Eyes

(Continued from page 23)

therefore to perfect my knowledge of Braille and of typewriting, and to learn shorthand, in the Braille System.

For the past two years, I have worked diligently, taking much exercise, as much as my physical condition has permitted, increasing the effort constantly. I have taken every opportunity that has come my way of enjoying life. I have been determined and persistent.

And now for the results. They are surprising. It is extraordinary how acute, how alert the senses become. The constant concentration of the mind develops what might be called a sense of intuition which seems almost uncanny. It seems

about and keeping their thoughts on some useful and cheerful subject, thus chasing away sadness and depression of spirits and ensuring real happiness, not only to themselves but also to all those with whom they come in contact.

Surprising as they may appear, the facts are that: My health has returned. My weight is back to normal. My headaches and nervousness have practically disappeared. My worries have faded away. I find that when the mind is kept busy guiding the senses in their continual watchfulness, taking note of and coordinating each bit of information thus received; when the mind is constantly

-- 9 --

I have also, in my spare hours, made some very handsome pieces of reed work which have obtained prizes at Fairs and brought me some good money.

I aver I have solved the problem of seeing without eyes, I have overcome blindness. Overcome it the extent of almost forgetting that I cannot see and feel absolutely content at being sightless.

I have achieved such a surprising victory by keeping a mind active and alert in a body healthy and vigorous, by exercise both physical and mental.

I have won my victory through concentration of mind, determination and persistence. In a word, by the proper direction of Will Power.

Jmfg.

Typewritten by the author from his own original copy in Braille.

Facsimile of the last page of Mr. Gravelle's prize-winning manuscript, typewritten by himself, and showing what a clean piece of work may be turned out by a blind man. We have seen so many instances of wretchedly typewritten manuscripts submitted by those with eyes that should have been able to see how bad the work was, that we particularly appreciate this specimen. Also, we congratulate Mr. Gravelle.

incredible, that when approaching a large object—a post, a tree, a wall—the blind man will actually feel that there is something in the way and stop; and moreover, that he does not feel that he is going towards something, but rather that something is coming towards himself.

I take every opportunity of calling the attention of other blinded folks to these results. And of telling the newly-born in our lightless kingdom of the necessity of concentrating their minds, of devising means to do things for themselves and by themselves, of taking exercise, of going

occupied directing in a set groove every movement and every action of the body; when the mind is so kept always on the alert, it has no time to lose worrying or brooding.

And by the way, here is a good tip to those sighted people who are apt to indulge in the depressing pastime of worrying. They might well take their cue from their blinded brothers and keep their minds busy at something useful instead of giving way to their useless "blue-thinking."

My hair has not regained its natural

color, to be sure, but it does not prevent me from feeling young and alert as, with my newly acquired self-confidence which makes me almost forget that I do not see with my eyes, I travel throughout the city without fear and without trying to knock over telegraph or light poles, colliding with speedy autos or entering people's houses through their coal chutes.

I must admit that, while traveling along some streets of the populous districts it has happened that I did tramp all over young children who were sprawling on the sidewalks. But, being always prepared to find either "ups" or "downs" under my feet, I managed every time to escape making marmalade out of the dear little ones.

The friends whom I was so glad to have serve as guides some months ago, I need now only for the sake of their companionship, being happy to act as escort to my erstwhile escorts.

I do not hesitate to travel in the street cars, and can easily make the transfer points.

I can manage any sort of food, and use knife and fork as expertly as any sighted person. I can pour a cup of tea or a glass of water without damage to the tablecloth or to the water-jug. I have taken dinner at private houses, at hotels and at restaurants where the guests who did not know of my blindness—and the waiters too, for that matter—have failed to notice that I could not see.

Whilst walking by myself, I have often been asked by people of perfect sight where certain streets or buildings could be found, and generally have been able to supply such information.

I can locate the stores with which I wish to deal by walking past and noticing the smell of the wares offered on sale, or by the noise made in carrying on the business.

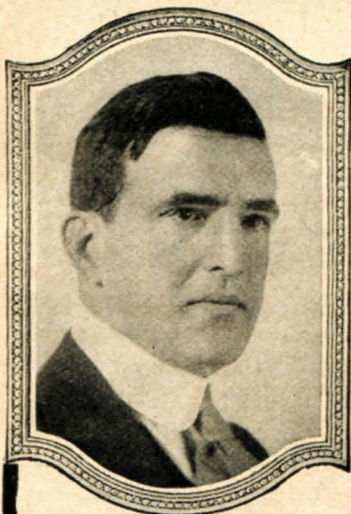
I have danced at private parties and public dance halls, having even danced with a totally blind girl who happened to be as confident as I was myself, and this without injury to any of the pillars that stood majestically in the center of the floor.

I have won a prize at a euchre card party and hold a medal won at a sports field day.

I can handle my money, bills, or coins, without danger of cheating others, and what is better, perhaps, without danger of cheating myself. This may appear surprising, but I find it quite simple. The coins are easily distinguished by touch, and as for the bills, I mark them by attaching to the edges small paper clips, one or more, according to the denomination of the bill. They are easily removed before paying out the bills, but do not fall off of their own accord.

In purely business matters, the result of my efforts is also rather satisfactory.

I can read and write Braille in its different forms and grades. I can use the typewriter with the same speed and



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Tobacco and Your Job

Bernarr Macfadden through the vast facilities at his command has turned the cold, white unprejudiced light of science upon tobacco. He has analysed it; he has analysed the smoke from it that is drawn into the human throat and lungs. He has traced every action and every reaction that each of the chemical elements constituting tobacco smoke has upon the human system so clearly, so surely that when you finish reading the chapters upon the effect of tobacco you know that tobacco is harmful and you know why it is harmful.

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When you have learned the real effect that tobacco has upon you, you will want to stop smoking. And to discontinue the habit will not be hard when you put into practice the simple rules that Mr. Macfadden lays down in the final chapters of his remarkable book. Probably some time in the past you decided to quit and the chances are that you did quit, only to resume after a few days had passed. By conforming to the rules Mr. Macfadden gives you, the same amount of effort you expended without success should enable you to come thru with flying colors, the victor over a habit that is harmful, expensive, unsanitary and distasteful to many of your friends.

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Do You Want Something?

See pages 108-109

Have You Something to Sell?

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Do You Need Work?

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Have You a Business?

See pages 108-109

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accuracy as the average sighted typist. The setting of marginal stops, the changing of ribbons, the cleaning of the machine, the making of carbon copies, tabulating, listing, and so forth all being matters of course with me.

I can take dictation in Braille shorthand and transcribe my notes on the typewriter, and I can operate the dictaphone—even to the shaving of records—with perfect ease.

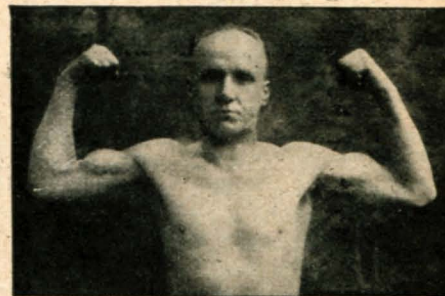
I can keep Braille indexes and files.

I have also, in my spare hours, made some very handsome pieces of reed work which have obtained prizes at fairs and brought me some good money.

I aver I have solved the problem of seeing without eyes. I have overcome blindness. Overcome it to the extent of almost forgetting that I cannot see and feel absolutely content at being sightless.

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Still a Professional Wrestler at 58

Ivan Alexandroff, a Russian exponent of the arts of wrestling, tumbling, and acrobatic dancing

AT fifty-eight years of age, Ivan Alexandroff is willing to meet all comers of like age in wrestling.

He was born in Petrograd, Russia, the son of circus people, and inherited from them a vigorous constitution.

Like many other circus children, he started to work with his parents at an early age, with the result that as he himself says,

"While working with my sister on a flying trapeze, I fell and received a double rupture.

"The doctors advised an immediate operation but I refused. And on the advice of one of my friends, who had also been an invalid, I took up Mr. Macfadden's course of treatment for rupture, and was so benefitted that I am willing to take on anyone of my age in a wrestling bout to-day."

Mr. Alexandroff also keeps himself fit by dancing, weight lifting and boxing.

He at one time helped train Carpentier, the French boxer, and acted as his masseur.

Fighting Mad

(Continued from page 51)

senses. I slipped on my shoes and tipped to the bedroom door.

"Is that you, Fred?" Eleanor cried.

"Yes. It's time to get up, if we're going to get married."

There came a burst of laughter at this—clear bell-like laughter that rang through the room like music. "Oh, I almost forgot!" she cried. "Isn't that funny! Wait till I put on my kimono, and we'll talk it over."

In a moment more she stood before me—her large eyes all misty from sleep. "Well, what are your commands?" she asked.

"If we want to be married this afternoon, we've got to be very busy this morning. The ceremony is coming off in Jersey City, as we haven't time to get a license here. Now for the witnesses. Your mother isn't well enough to go, I suppose?"

"Oh no, she couldn't leave the house. You'll have to get the witnesses."

"How about Smythe for one?"

"Please don't have him," she said.

"He's entirely too young and foolish looking. Don't you know anyone else?"

For a moment I was silent. I would have liked to have had Louise Hartley stand up beside me in this big event of my life, but unfortunately she was at Vassar. As yet she knew nothing about my love affair. "How would Dr. Roberts and Jenkins do?" I asked.

"Oh, much better! They're old enough to know what they're about."

"That's settled then. Now there's the question of a honeymoon trip, clothes for yourself, and a nurse for your mother. Here's two hundred dollars—all I have with me. You see about the nurse and the clothes, and I'll take care of the trip. I'll be back by three." I hurried out of the room.

The events of that day seem like the ever changing fragments of a dream. I remember that I sneaked into the Fraternity House, fearing that I might be stopped and questioned; that I packed a few of my personal belongings; that I stole out again like a thief.

My next recollection is of Jenkins' office and the face of the mathematical boy as he stares at me in pity and amazement. "I don't believe in these hasty marriages," Jenkins is saying. "I never did. All nonsense. But if Roberts is fool enough to go with you, why I'll go too. In fact I know a magistrate who'll turn the trick very nicely, if you really want to get married."

As I write these words, Jenkins, the office, the mathematical boy, fade away; and I see Roberts' study and the good doctor standing before his open fire. His face is ruddy in the light, his blue eyes are shining brightly. "It's a big step you're taking, 'Deacon,'" he says, "but I think you'll live up to it."

This scene fades and others take its place. A railroad station, a tailor shop, a jeweler, and then I'm back in the attic looking at familiar faces. There's Roberts, laughing heartily; there's Jenkins, with a self-conscious hang-dog air; there's old Mrs. Watson, nodding at the stove; and finally there's Eleanor in her new traveling dress, looking very beautiful with the red roses in her cheeks.

The room and Mrs. Watson vanish into thin air. We are in a taxi, speeding through the bustling streets. Now we come to a halt on the ferry-boat; and the chains rattle behind us, while the dampness of the river mingles with the steam from the horses in an odor all its own. "Do you think you'll love me always?" Eleanor whispers. "You may learn to hate me, when you know me well."

I laugh at this, as being too ridiculous to answer; and, as I do so, the river, the ferry-boat, the taxi disappear, and we find ourselves in Magistrate Doyle's parlor. It is a very stiff parlor—a parlor of gilt-edged respectability. On the walls, hang pictures of large fat men with fierce mustaches and large fat women with puffy eyes.

Enter Magistrate Doyle. He is very ill at ease. He welcomes us with a vocabulary which soon breaks down under the unnatural strain put upon it. Soon he stammers guiltily, much to Jenkins' satisfaction. I can see the vulture-like lawyer rubbing his hands together in a pleased way.

Now the abashed magistrate is marrying us. It is a strange sensation. All at once a terrible thing happens—Eleanor has forgotten her middle name. Will she remember it, or will we have to postpone the ceremony till we look it up in the family Bible?

"Oh, I knew it was something like cat," she cries suddenly. "It's Katherine, that's what it is."

General laughter and applause. The ceremony once more proceeds. Now it is the magistrate's turn to make a blunder—a blunder that nearly blights my happiness for life. It is nothing more nor less than an attempt to marry Eleanor to Roberts. Luckily we make him see his mistake before it is too late, and things go on smoothly once more.

Just at the close of the ceremony, the chimes in a nearby church ring out the hour. We look at each other and laugh foolishly. Magistrate Doyle pronounces us man and wife. Somebody kisses the bride, and somebody shakes my hand warmly. All this while I have a strange sensation, a silly sensation, a sensation as though everybody were looking at me intently. I feel that I ought to smile; and I smile mechanically, as a man might smile who is having his picture taken.

"Well, I hope we get home in time for dinner," says Jenkins in a tone that

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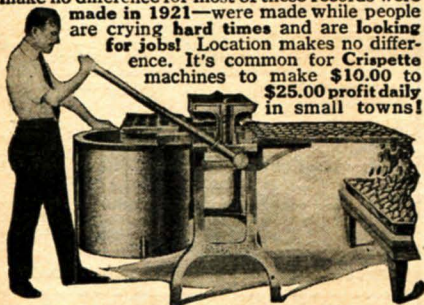
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shows that there's no foolish sentiment about him.

"I'm hungry myself," says Doyle frankly. "I married ten couples this afternoon."

Magistrate Doyle and his parlor vanish. Again we are on the ferry-boat; and before us, under a blood-red sky, lie the black buildings of the great city. A cold wind blows against our faces. Roberts touches me on the arm.

"See," he says, "before you lies the city. Do not let your own happiness blind you to the suffering in the slums. Be kind to others, 'Deacon,' and God will be kind to you."

CHAPTER XIX

We spent our honeymoon in Lexington, Virginia. The historical little town had taken a strong hold on my fancy. Shut out from the bustling, money-making world, it lay dreaming away the years, surrounded by the silent sentinels of the Blue Ridge. It was a spot consecrated to the recollections of a splendid yesterday—a graveyard of buried hopes.

This was an ideal place to spend the first few days of a new existence. The weather was warm—so warm that we could sit out at night, listening to the music of mandolins and banjos which came faintly to our ears from the college dormitories, and watching the pale moon, like a lantern, rising slowly in the temple of the heavens. The memory of those days and nights still haunts me with the faint perfume of withered flowers.

Eleanor was as happy as a child in these new surroundings. No wonder, after a summer spent on the scorching streets of the city, that she should now delight in long tramps through green fields. How I delighted in her childish innocence—innocence that Jenkins would have considered either a sign of weak mentality, or else as a cloak assumed to hide something.

But I laughed at Jenkins, had always laughed at him and his pessimistic croakings. Now, as I sat on "Students' Rock" with Eleanor beside me, I again laughed and put my arm about her waist.

"Why are you laughing?" she asked.

"Because I am very happy."

"Are you really truly happy?"

I pressed her more closely to me. For a moment there was silence. Far away, over the church spires and college buildings, the sinking sun cast a ruddy glow. It was reflected on Eleanor's face like a vivid blush. I saw that she was gazing at me intently.

"And you love me, Fred?" she was saying. "How much do you love me? More than anything else in the world?"

"Oh, yes, more than anything else in the world."

She trembled slightly and turned her eyes away. "It's getting late," she said, "and cold. Let's go home."

A little later, as we drove along the country road, she turned toward me.

"When are we going back to the city, Fred?"

"Whenever you want, dear. There's no hurry; and I know you like it here so well that—"

"No, no," she said, laying her hand on my arm. "That's not the question, Fred. Of course I like it here, but we can't be children forever. There are your ambitions to think of."

"They can wait. Jenkins has the house all fixed up, but what's the sense—"

"No, Fred, we *must* go back. You've got important things to attend to, and I must help you. Besides, I'm crazy to see the house."

"When shall we go?"

"Let's go to-morrow," she said quickly. "We'll catch the evening train. The Norfolk and Western leaves Buena Vista at half past eight."

"Who told you that?"

"I looked it up last night."

"Then you had everything planned beforehand?"

She laughed and looked away.

"That's like you," I said. "You never think of yourself and your own comfort. But I refuse to let you sacrifice yourself. We'll stay a couple of weeks longer."

For several moments there was silence, broken only by the crunching of the wheels over loose stones. Suddenly I heard low muffled sobs.

"Oh, please go back to-morrow, Fred," Eleanor cried. "I can't let you stay away from your work any longer on my account. I'd feel like a failure of a wife, if I did; and besides, mother's sick, and I might never see her again. We *must* go back."

"Yes, you're right," I said. "We *must* go back. It would be selfish to stay any longer. But what a kind-hearted, wonderful girl you are! I believe you could make a saint out of the devil."

"Do you really think so? I'm so glad you think so."

CHAPTER XX

Jenkins had performed wonders in our absence. We found our city house in excellent condition. Eleanor was delighted with everything. She rummaged about from attic to cellar, a little lace apron tied around her slim waist and all the seriousness of a young matron on her childish face. Whenever she found anything new, she would cry out in pleased surprise, and bring it to me for inspection.

Meanwhile Mrs. Watson had been ensconced in a large room upstairs under the constant care of a trained nurse. She was remarkably cheerful, and, when I paid her a visit, told me that she hadn't been so happy for years.

"How do you like the nurse?" I asked her.

"She's a fine young woman, Mr. Colgate, a fine young woman. She's so kind to me that sometimes I think I'm dreamin.' Last night I woke up, coughin' and awful thirsty. What do you think she

does? Gets right out of bed and brings me a drink of water. That's kind-hearted, that's what that is."

"It's only natural when you're sick. You couldn't get it for yourself."

"Natural?" she said, smiling faintly. "Natural? Yes I suppose it is natural with some, and then again with others it ain't."

The second day after our home-coming, I visited the Fraternity House. I found Smythe and Hartley in my old room. Billy jumped to his feet and seized my hand.

"Well," he cried, "if it isn't the old 'Deacon' come back to the fold! Look at him, Bruce—all tanned by a southern sun, or maybe he's blushing. I should think he *would* blush, pulling off an eloping stunt like that and never putting us wise."

Smythe rose rather awkwardly, and held out his hand. "Let me congratulate you, 'Deacon'," he said. But there was a strange note in his deep voice; and his eyes were as expressionless as the dead gray of a winter sea.

"Roberts told us everything," Billy continued. "He said that you had married a peach. You can trust the 'Deacon' to keep something like that all to himself, eh Bruce? It's a good thing for you, Fred, that you didn't bring us around. We might have cut you out."

"Was she the girl I saw you with that day?" Smythe broke in. "She was? I thought so. You ought to be proud of her, 'Deacon'."

"I am," I answered. "She's the finest little girl in the world, the most kind-hearted, the most considerate. She's got a big heart."

The dead gray of Smythe's eyes lit up for a moment. "You're a lucky man, 'Deacon'."

"You fellows come around and meet her. There's always a place for you by our fireside, and a little something to drink in the ice-chest. Will you?"

"You bet!" cried Hartley. "And we don't need the booze or the fire to bring us."

"I wouldn't, at any rate," said Smythe, poking the logs in the grate with his foot and staring down into the glowing embers.

Suddenly the pungent odor of burning filled the room. "Look out, Bruce!" I cried. "I believe your shoe's on fire."

He started, laughed harshly, and lifted his foot out of the grate. The sole of his shoe was red with angry sparks. "Why, so it is," said he, "so it is. The contemplation of your matrimonial bliss, 'Deacon,' has made me forgetful of the smaller things of life."

When I left, Billy accompanied me for a few blocks. Finally he enticed me into a hotel bar, where he promptly drank Eleanor's health.

"What's the matter with Bruce?" I asked him. "He's altogether changed."

"It's that damn girl," said Billy. "—the one he tried to pick up in the trolley-car. She must have hypnotized him some-

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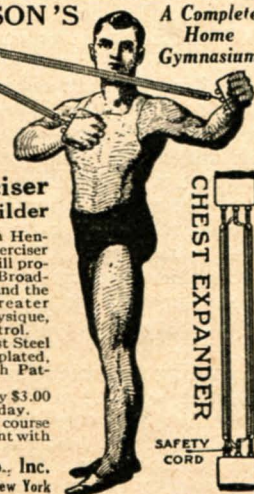
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how. He's absolutely crazy about her. He used to haunt the Bowery for a sight of her, but now he's given that up. The day after your marriage, he came back to the house with the most tragic face I ever say in my life. I asked him what was the matter; and he said she had gone away forever, that he could never see her again. I tried to get more out of him, but he shut up like a clam. He's been moping around for the last two weeks in a kind of mental daze. I don't know what's going to happen to him if he doesn't find that girl."

"It's too bad! When a man like Smythe falls in love, it's pretty hard to get him out of it. He's so confoundedly in earnest about everything."

"I know," said Billy. "But to the best of my belief he only saw her once—that time in the trolley-car. The whole thing is ridiculous."

CHAPTER XXI

When I arrived home, I found Eleanor awaiting me impatiently.

"I thought you were never coming," she said. "I kept thinking that those wild college boys had taken you out on a spree."

"Don't worry about me. Beer is my limit. But where have you been all day?"

"Now you're going to be angry—I know you will."

"Nonsense."

"I went shopping, and I'm afraid I was extravagant. I bought two pairs of gloves, three evening gowns, four hats, and—that's all I can remember now. Scold me—I deserve it—but I really couldn't resist the temptation. The woman who waited on me, was so nice. She said that it was a pleasure to put beautiful clothes on me, and that any man ought to be proud to do it."

"Of course I won't scold you. But where did you get the money to buy all these things?"

"Oh, I didn't need money! I told them who I was, and they let me start an account."

We went in to dinner arm in arm, as happy as two children. But, a little later, she turned to me with a new seriousness in her eyes.

"Fred, there's another thing I want to speak about. Mother loves the country; it's been her ambition for years to live there. Don't you know of any nice little place where she could board? If she could leave the noisy city, she'd be happy."

"But wouldn't you miss her?"

"Oh yes. But I could go out to see her whenever I wanted. And I know she'd be much better off."

"Very well. If she's set her heart on going, I'll not disappoint her."

A week later, Mrs. Watson and the trained nurse were sent to a quiet little hotel in Amityville, Long Island.

The old lady seemed a trifle down-hearted about leaving, in spite of what Eleanor had said. There were tears in

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her eyes as the taxi drew up before the house. No doubt she was thinking of how much she would miss her daughter's care. She was so affected by her leave-taking, that she spoke in rather a rambling fashion.

"Good-by, Mr. Colgate," she said, "You've been awful kind to let me stay as long as I did. It wasn't to be expected that you'd let me in your fine house at all—me a common old woman."

But at this point Eleanor interrupted her. "Come, come, mother," she cried, "you'll miss the train; and then you won't be able to go to the beautiful country."

It was a cold wintry day. The wind howled around the house in hysterical screams of laughter, as though it found Eleanor's remarks about the beautiful country vastly amusing.

The cripple hobbled out of the house on the arm of her nurse. Looking through the window, I saw her climbing painfully into the taxi. The wind flapped her black dress about her like a flag of ill omen. I waved my hand. She smiled wistfully, attempted to curtsy, and collapsed inside the cab. The door shut with a bang, the car shot forward; and that was the last I ever saw of poor old Mrs. Watson.

"She didn't seem so very anxious to go," I said, turning to Eleanor. "It's going to be very cold in the country. What did she mean by what she said to me?"

"Oh, I'm afraid mother's head isn't quite right," she murmured. "Why, she didn't even kiss me good-bye!"

Again the wind howled down the chimney in a boisterous laugh of Nature's.

I dare say that already my astute reader has come to the conclusion that I must have been a fit subject for an insane asylum. But let this same reader fall in love with a beautiful girl like Eleanor, let him clothe her in dreams, let him say: "She is my goddess and can do no wrong"; and then one morning, like me, he will awake to find the cap and bells firmly placed on his brow.

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If Not the Doctors, Then What?

(Continued from page 32)

tiny organisms we call cells, of which all bodily organs are composed. These tiny organisms though invisible to the naked eye, carry on all the vital functions of the larger organisms built from them; they take nourishment, they grow and mature, they reproduce, some observers maintain they *think*, they grow old, and when their work is finished they die and are thrown out.

Right here we note a fundamental difference between medical theory and Nature Cure teaching as to the ultimate structure of the human frame; unlike the medicos, the Naturopaths regard the cell, and not the organ or the "cell colony," as the ultimate unit of the body; they say "it is in the cell—not in the organ—that we must look for health or disease"; and they lay it down as a basic physiological law: "If the cells of the body get their proper quantity and quality of building material (food), and have their waste products promptly and thoroughly removed, there will be perfect health in the body and immunity from disease." The healthy living tissue resulting from the normal functioning of normal cells is declared to be as impervious to the inroads of pathogenic germs as a hermetically sealed jar to the invasion of bugs of larger growth. Hence the bacteriologists of the Nature Cure School regard germs *not* as a primary cause, but as a secondary manifestation, of disease.

Germs there are aplenty, certainly, they say, inside the human body and out of it. We take them in with our food and drink and inhale them in the air. But they cannot thrive and multiply to the danger point as they are supposed to do in certain infectious diseases, *except in the morbid soil created for them by the toxic matter of unexpelled waste.* They vary in shape and behaviour according to the character of the morbid soil in which they are generated, the degree of virulence depending on the position of the toxic matter in the system, and the amount of obstruction to the circulation of vital fluids; but outside their own peculiar congenial medium, the most deadly microbes are perfectly harmless, and have been discovered at various times in apparently healthy bodies, upon the testimony of eminent bacteriologists.

For although the germ theory of the origin of disease, which sprang into life in 1832—when Asiatic Cholera was extending its ravages around the globe—and reached its high water-mark in the discoveries and promulgations of Pasteur and Koch forty years later, has now become the accepted and orthodox creed of the Regular Medical School, having passed from hypothesis to dogma and been made the basis for compulsory health laws; there have always been staunch opponents of the idea among the Regulars themselves, who boldly chal-

lenged its truth, and upheld the position of the Nature Curists. Thus in England, Sir Lawson Tait and Beekingham both affirmed the "germ-theory" to be "an assumption of causes of the existence of which we have no evidence, to account for effects which they do not explain"; and Dr. Bastian, professor of Pathology in the London University, gave an explanation of bacterial processes which exactly accords with the naturopathic view, when he said: "These micro-organisms are never generated in the body until it has become already disorganized; they belong solely to the processes of decay, contributing to the promotion of corporal disintegration; and we can as well accuse the worms or carrion-crows that devour a putrefying carcass of causing the creature's death, as to charge the bacilli with being the primary cause of inflammatory and febrile diseases." Professor Henry Maudesley is even more emphatic in declaring that "disease is not a specific morbid entity, that like some evil spirit takes possession of the body, but a condition of degeneration from healthy life, taking its name from the part of the body primarily affected." A celebrated Viennese professor, Dr. Pettenkofer, while lecturing to his class in bacteriology at the University one day, telling them that bacteria of themselves cannot cause disease, suddenly gave a practical test of it by picking up a glass containing millions of live Cholera germs and swallowing its contents before the eyes of the astonished students, with no worse consequences than a slight nausea. Numerous cases are on record of persons in this country taking similar chances of infection and contagion with the most virulent kinds of microbes, without developing the corresponding diseases. A few years ago, Dr. Rodermund, a physician in the State of Wisconsin, created a sensation all over the country by smearing his body with the exudate of small-pox sores by way of demonstrating that a perfectly healthy body is immune from that disease. He was not immune from the wrath of the vaccinationists however, who promptly had him arrested and quarantined in jail; but not until he had come in contact with a number of persons who also disappointed the vaccinationists by failing to "catch" the small-pox.

Upon their conception of bacteria as scavengers of the system, whose consumption of toxic matter causes the burning in fevers, whose pressure on nerves and blood vessels produces the pain, redness and swelling observable in all inflammatory diseases, Naturopaths base their contention that inflammation is a healing process; that all acute disorders, being merely Nature's efforts at "house-cleaning," are self-limiting and self-curative if the inflammation is left

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unchecked until the cleansing process is completed. They realize, of course, that there is a danger point beyond which inflammation and fever may not go with impunity, and they address their efforts only to keeping these processes within safe bounds; but never to suppressing them, nor even suddenly checking them until they have run their natural course to a healing climax and abatement. This is the basic, all important difference between the Naturopathic and the Allopathic conception of disease. What the Allopaths call "disease"—meaning thereby the superficial insignia of trouble, the local symptoms,—the Naturapaths call the "cure"; and while the Allopaths center their attention on end results—or at best on secondary manifestations, the Naturopaths study and seek out underlying first causes.

Naturopathy recognizes three primary causes of disease, corresponding to the three primary life requirements of the cell—innervation (adequate nerve supply), nutrition, and drainage. These three first causes of bodily disturbance which we call disease are:

I. Lowered vitality, due to over-work, over-indulgence or stimulation, poisonous drugs, ill-advised surgical operations, and mental shock or strain;

II. Abnormal composition of blood and lymph, due to improper diet—especially that lacking in organic mineral salts, also due to improper mental food—wrong thinking; and,

III. The accumulation of waste material, morbid matter and poisons failing to find an outlet, caused by faulty diet, use of alcoholic and narcotic stimulants, drug deposits, vaccines, serums, anti-toxins, and by suppression of acute diseases with poisonous drugs, freezing, and surgery. As secondary manifestations of these primary incitements, Naturopathy regards fevers, inflammation, skin eruptions, ulcers, hemorrhages, etc.; also pathogenic germs and hereditary disease taints.

Because of their particular theory of the origin and primary cause of disease, Naturopaths do not attach any special importance to the elaborate nomenclature of ailments which has grown up under the opposite theory of the Allopaths, who divide up the human body into sections—cut off from all telephonic connection with the others in some instances—and afflict each separate, isolated organ with a specific malady all its own. Thus inflammation of the lungs is called one thing, inflammation of the pleura or bronchia quite different things, and so on through the whole category of viscera, glands, bones, and muscles, each being provided with from one to half a dozen specially differentiated and specially named diseases, calling for highly specialized treatments! For is not this the day of specialists and specialties? And so absorbing and fascinating has the study of differential diagnosis become, that the

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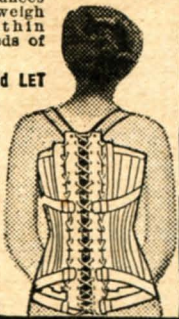
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doctors are apparently much more intent on naming the disease than curing the patient. Yet for all the excessive concern and energy expended on diagnosis, hospital records show at least 50 per cent. of them to have missed the mark.

Naturopathy, on the other hand, while recognizing that disease symptoms are modified by the organs especially involved because of their peculiar functioning, boldly proclaims the fundamental unity of all disease, and the uniform law of cure. "No matter what your trouble, nor where it is located," say the Naturopaths, "if it has arisen within the body—and is not the result of external violence—it must have had its beginning in some toxic encumbrance of the tissues and vital fluids. Therefore the keynote to cure, to the restoration of normal functioning, is *elimination*; get the poisonous matter out, don't add to it the poison of drugs, serums, vaccines, etc., which experience has shown to be much harder to eliminate than systemic poisons." No doubt the adherents of the Allopathic faith will reply that their remedies are also eliminative, and will point to the quick action of their drugs and other palliatives in quieting pain, and stimulating the various excretory organs.

To this the Naturopaths oppose the Law of Dual Effect, which is one of their cardinal doctrines. All life is controlled by vibration; the universe swings to the forward and backward movement of the pendulum, observable in the ebb and flow of the tides and the rhythmic surge of telluric influences. While the first effect of Allopathic remedies is contrary to the disease symptoms—sometimes, not always—the second effort is directly in line with the disease manifestation; and the first effect—which is so reassuring to doctor and patient—is the temporary one, whereas the second effect which aggravates the trouble, is the permanent one. To make this clear; the first physiological reaction to the administration of drugs and serums—which produces the deceptive "first effect"—is the revolt of the Life Principle in the human organism against the introduction of poison into its circulation—in pursuance of the allopathic idea of "fighting poison with poison"—which causes it to send all the fluids of the body to the organs of depuration in a special effort to expel it, in pursuance of Nature's usual beneficent desire to offset human blundering. Being unequal to the double task put on her, however, of expelling both the systemic and the inorganic poison of the drug, this extra forward spurt of positive energy put forth by the Life Force is short-lived, and is followed by a negative state of vital depression and torpor wherein the remnants of both systemic and drug poison are retained in the body and stored up for "future reference" in bringing on other trouble.

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acute malady—after the Allopathic procedure—lays the foundation for another acute malady, which even if it appears in another part of the body and is given another name by the Regulars, is the natural, inevitable consequence of that suppression. If then the second acute disorder be suppressed in turn by the same methods, additional material is provided for the outbreak of more bodily disorders, until the vital functions become so impaired that they cease to operate; the cells become clogged with effete matter, as well as the arteries and capillaries, so that they fail to react in a normal manner. At this stage, the poor drugged, serumed, vaccinated, operated-upon victim is ready to be classed among the "chronic incurables" of allopathic nomenclature. The learned M.D.'s who have "done their darndest" to him, appear to feel that in naming and classifying him they have done their full duty by him, and are justified in wiping their hands of him.

To sum up then, the cardinal tenets of the Nature Cure faith: Health is natural, positive; disease is abnormal, negative. Nature never contemplated disease, it is contrary to her beneficent purpose; and when it appears—as the result of violation of Natural Law—she seeks to remove it, and restore the living organ to normal functioning. The only cure for disease therefore is the *vis medicatrix naturae*, which will suffice in all cases where it is not interfered with by outside combative agencies. The doctor, whether medical or drugless, whether he brings pill-box and scalpel or fasting and hydropathic pack, is not the real healer; but the mysterious Life Force whose essence we may not penetrate; but whose workings and manifestations we may observe and compare, and learn in time to calculate certain effects.

The only thing the doctor or nurse can do in the alleviation of illness, is to seek by various methods to assist the natural curative process. This the practitioners of the Naturopathic School claim to do better than the Allopaths, because they say their methods work in harmony with Nature's processes, whereas the Allopathic expedients are obstructive and combative. The world has had much experience with Allopathic procedure, and is fully informed as to its tactics, though not so well informed as to its results; whereas very little is known of Naturopathic methods—except where they have been secretly borrowed by the Regulars without giving due credit to the source of supply.

In succeeding numbers we will discuss in detail the various practical expedients of the Naturopathic school, by which they claim to "assist Nature", with some authentic reports of results in each case; that readers may have the opportunity of knowing, of testing if they will, and of comparing results with those of the so-called Regular School. The chief reliances

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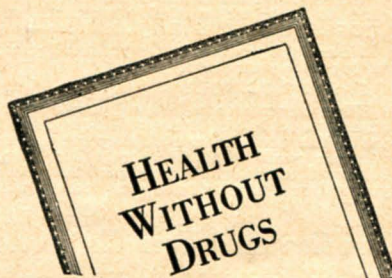
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(Continued from page 41)

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And, as though this were not enough, the Demon of Insomnia sat at this man's side and counted his heartbeats through the long hours of the night—except at the intervals when the sting of the hypodermic needle would usher in a short period of surcease.

Such was the patient, one of many whose interesting experiences I recently had an opportunity of studying.

And now, having established my reaction to this very remarkable case, let us yield the centre of the stage and the spotlight to the patient himself, who lives at 410 De Bolviere, St. Louis, Mo.

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I remained in Europe for three years. Then I contracted the flu, which was then epidemic, and finally had to come back to the States.

I had been treated by medical men abroad, but without much success. So on my arrival here I saw an osteopath, and had a course of treatments from him.

This treatment was also negative of results. So I started the rounds of the medical men again.

I treated with Dr. W. W. Froschle, Dr. W. W. Bailey, and Dr. Freeborn Paugh of St. Louis; also with a Dr. Penzel.

About this time I was operated by Dr. Guggenheim for nasal trouble, and shortly after this—although probably

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not connected with the operation in any way—I lost completely my sense of smell.

In the meantime I had developed bronchial asthma, while my hard work and nerve strain had brought about a profound weakness.

One evening I awoke with a peculiar fluttering around my chest, and in my throat. This began to get so bad that I had to sit up in bed in order to breathe.

I then treated with Dr. Samuel Lipsitz, of St. Louis, for a while, after which I went to Chicago and treated with Dr. Stephen West, Dr. Teutor, who was on the medical staff of the Tuberculosis Hospital; also with Drs. Robertson and Tracy.

Finally Dr. West sent me to Artesia, New Mexico. Here I remained four months, although the climate certainly did not agree with me, and, in the rare air of this altitude, I could hardly walk the length of the room without falling.

My skin was constantly parched, my circulation was affected, and I began to have spells of depression that sometimes lasted for five days without intermission.

In the meantime I had begun to take morphine, in order to get relief from the terrible distress caused by the asthmatic attacks.

I had developed also a chronic condition of mucous colitis, which was perhaps one of the most weakening of all my symptoms.

And, almost needless to say, I was a nervous wreck. A natural sleep was almost an unknown pleasure.

Dr. M. P. Skeen, of Artesia, finally ordered me back to St. Louis, as the difficulty in breathing in the rare air of New Mexico was a serious element of danger for me.

Thoroughly despondent, I cast about me for possible relief. Finally I had an inspiration to try natural methods of treatment.

When I finally found the right method I had dropped down to 101½ pounds in weight. My normal weight was about 165.

When I began the treatment I was in a wheel chair, all but hopeless after my protracted illness of almost four years. For more than three and a half years I had not been able to earn a cent.

I was in more or less constant pain. The nervous depression was most severe. The mucous colitis kept me as weak as a baby. And the asthma gave me no rest night or day.

I had been keeping under the influence of the opiate practically all the time—taking one-eighth grain every four hours, then three-eighths of a grain about four times a day, hypodermically. I found I could breathe more freely when under the influence of the morphine, of which I had, all told, possibly twenty-seven hundred injections.

The moment I arrived at the place I had selected to start my efforts toward a

cure, I had a strong conviction that I was, at last, to get some relief from my trouble.

I was immediately placed upon a limited fast—taking no food except a half dozen oranges a day for a week, and all the water I could drink.

I developed a pronounced diarrhea, which was apparently an effort of Nature to get rid of the poisons accumulated in the system.

And so it seemed. For after a few days I was practically free from the craving for morphine, which I had stopped entirely.

After a week of the orange treatment, I was placed on a milk diet—gradually increasing the amount until I was taking about five quarts a day.

The asthmatic attacks lessened in severity after the first week or so, and inside of three weeks they had entirely disappeared.

I was still greatly troubled with my nerves, and with the insomnia. So without saying a word to any one, during my fourth week at the institution, I went on a long walk and covered a distance of fifteen miles.

This for the purpose of absolutely tiring myself out, so that I would have to get to sleep. It was heroic treatment, but it worked.

It broke up my insomnia attacks, and after this I began to sleep fairly well.

The mucoid condition commenced to clear up, also, about this time—probably aided by the sun baths I was constantly taking, and the outdoor life generally.

The strangest part of my experience was the sudden recovery of my sense of smell, and the magnified form it took at first. It was after the fifth week of my treatment, when all of a sudden I felt just as though something had "let go" in my nose, and I became conscious of a most overpowering odor of human beings, —although the nearest one was more than ten feet away, and the windows of the large room were wide open.

The odor was so overwhelming that I was forced to get up and go out of doors, until I had sort of gotten used to it.

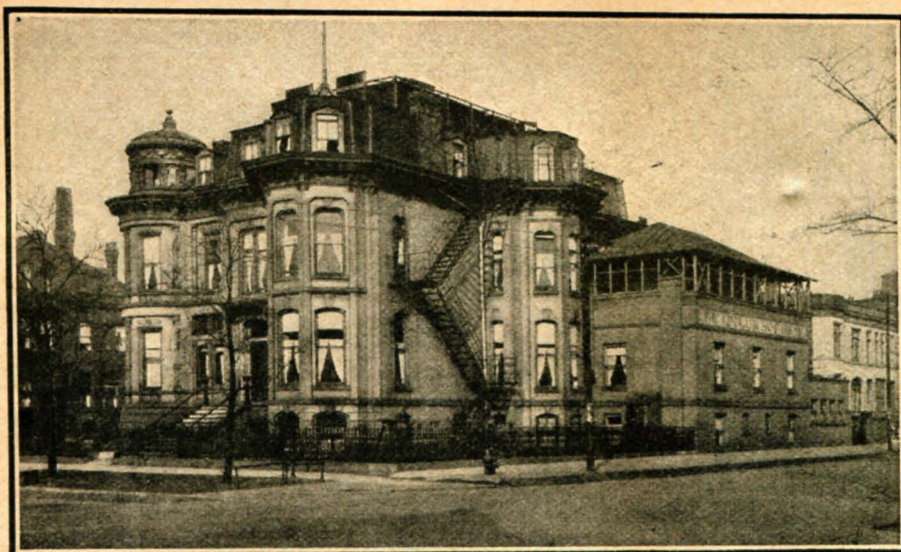
The intensity of this magnified sense of smell gradually decreased—until, after the expiration of three or four days, it was back to normal—and has remained that way ever since.

After five years of total inability to distinguish any odor, rest assured I prize highly this gift returned to me.

I may say that I have not yet recovered all the weight I have lost in the past four years. But I am on the right road to it, and feel that, in time, I shall be as well as ever again.

I only hope some poor devil, afflicted as I was, may have the courage to break away from the *traditional* long enough to try the *natural*.

If he does, I see no reason in the world why he should not be as happy, healthy and contented as I now am.



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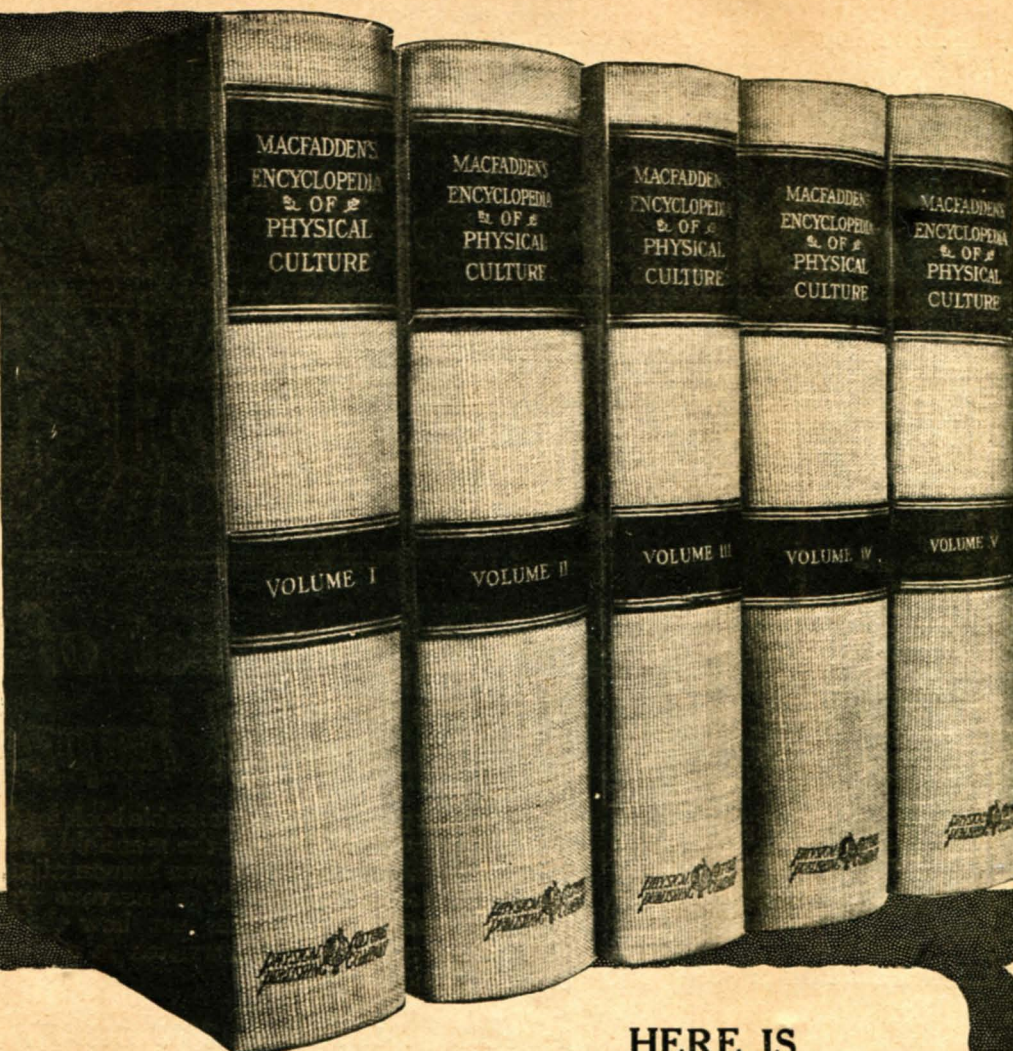
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Treat yourself
at home
for—

Asthma
Boils
Blackheads
Catarrh
Colds
Corns
Eczema
Falling Hair
Hay Fever
Headache
Insomnia
Lumbago
Nervousness
Neuralgia
Paralysis
Pimples
Rheumatism
Skin-
Diseases
Sore
Throat

Learn the secret of beauty, health and happiness

We have just published a remarkable book for **free distribution**. This book explains in detail the manifold uses of Violet Rays in treating almost every known human ailment. It also contains charts and diagrams of the nervous system, and organic locations, and fully describes just how the Violet Ray works its many seeming miracles, written in a simple style—devoid of all technical language.

Vi-Rex Violet Rays carry life and vim to every cell

The Violet Ray, as used in the treatment of the body, sends a spray of mild, tiny currents through every part and organ; flowing through each infinitesimal cell, massaging it, invigorating it and re-vitalizing it. It leaves no soreness after use only a delightful sensation of relief. Vi-Rex is **not a vibrator**. It creates cellular massage, the most beneficial electrical treatment known.

Wonderful **FREE**
Book

10 day free trial proves all we claim

Clip this coupon and mail it today! This wonderful free book will be a revelation to you. We will also give you the details of our 10 DAY FREE TRIAL OFFER, which enables you to test the benefits of Vi-Rex Rays free in the privacy of your own home.

VI-REX ELECTRIC CO.

326 W. Madison St.,
Dept. 115, Chicago, Ill.

For New York Only, Address—
47 West 34th Street



VI-REX ELECTRIC CO.

Dept. 115, 326 West Madison St., Chicago, Ill.

Please send me, without any cost or obligation, your free book describing your Violet Ray Machine, and details of your free trial offer.

Name.....

Address.....

City..... State.....

Here Are the *Facts*
You Should Know About—

THE MILK DIET

MILK

contains *all three* of the
mysterious elements called

VITAMINES

that have been found so
indispensable to life and
health.



Bernarr Macfadden

"Father of Physical Culture"

Bernarr Macfadden says:

"Through the ages milk has been the great builder of sturdy races. It has come to the aid of the ailing and the weak, and it has made of them men and women fit to face hardships in the world, and it has added years to their lives.

Milk does not cure, as medicines have been supposed to cure—by magic. All sensible people know that drugs and external influences do not always cure. Nature cures. The body cures itself, provided helpful conditions prevail, giving the opportunity for self-readjustment.

And here lies the secret of the miracle of milk. Milk is a builder of tissue and an enemy of physical ills, because, more than any other food, it furnishes elements which are needed to make new blood.

Milk is undoubtedly more easily digested than any other food. It is more nearly akin to blood. It is quickly absorbed into the circulation and becomes a part of the tissues of the body; and the expenditure of considerably less energy is required for this than to bring about the chemical changes essential in preparing the ordinary foods for use in the human tissues.

The physical changes that can be brought about through the use of milk within a short period, would be considered unbelievable by the average individual. If you are "rundown," and should stumble upon a way to gain one or two pounds a week, you would feel that you had made a marvelous discovery. But when we say that this is only a fair average for those who have experienced the miracle of milk, we are not in any way overstating the facts.

Of course, in the case of those who are in extreme need of additional flesh, and who have been poorly nourished, the effect of milk is almost unbelievable in building up tissues and in ridding the system of impurities, which latter are often responsible for the majority of ills to which the human body is subject.

To-day any *honest* doctor of whatever school will tell you that nine-tenths of all effective medical or curative practice consists purely and simply in helping *nature* and that very, very few drugs have any real value as curative agents. The most that can be hoped for from drugs is to temporarily stay the progress of the disease. If nature does not seize upon the respite to begin active operations in casting out the ailment, the treatment is a failure, with valuable time and good money wasted.

In the final analysis it is *you* who must supply nature with the necessary assistance and that assistance must come in the form of *increased physical vitality*.

And here it is that MILK—THE MASTER HEALER with vitality and energy building powers greater, probably, than any other substance in the world brings quick re-enforcements of red, tissue building, disease fighting blood that will give your system the very vital energy needed to overcome practically any ailment that has fastened itself upon you.

In our adjoining column we quote a few paragraphs on the subject by Bernarr Macfadden, the renowned Physical

Culturist, father and leader of the Physical Culture movement, which is increasing the health and strength and adding years to the lives of humanity by *just such methods as those advocated in the exclusive milk diet*. Coming from such an authority the words bear weight.

A few months ago PHYSICAL CULTURE Magazine printed an article on the Milk Diet that aroused universal interest and brought down upon us an avalanche of letters, urgently requesting further and more detailed information.

We knew of just two men who were qualified to supply this information in proper form for home treatment. Mr. Bernarr Macfadden himself, who has had the opportunity through his connection with The International Health Resort to personally study thousands of cases where the milk diet has been administered, and Dr. Chas. Sanford Porter, America's leading milk diet specialist. They consented to collaborate upon the subject and the result is a treatise that we are proud indeed to be able to supply as coming from the printing presses of PHYSICAL CULTURE CORPORATION.

"THE MIRACLE OF MILK"

By Bernarr Macfadden and
Dr. Charles Sanford Porter

is now available in the form of a six lesson course. Simply written, easily carried out, with a marvelous depth of wisdom born of the widest kind of experience, the instructions tell you just what to do, *what not to do*, what to watch out for, everything in fact, that you could possibly need to know in order to get the last vestige of physical benefit from the exclusive milk regimen.

Now we ask you fairly, if you are weak and run down, or in the grip of some chronic disease or if in any way you are engaged in a struggle for health, can you afford to ignore such a treatment as this, where you have *everything to gain and nothing to lose*, where, whatever the outcome, the benefits derived will far exceed the time and trifling expense devoted to it?

Our Special 30 Day Offer—Good Until May 1st

We want you to personally examine the Miracle of Milk and see for yourself the wonderful benefits you can derive from it. Simply sign your name to the attached coupon and mail to us to-day. The course will be immediately sent and your name entered for a one year's subscription to PHYSICAL CULTURE Magazine. Upon receipt of the course pay the postman only

\$3.50 for both items with the understanding that if for any reason you do not wish to retain the course you may send it back within 5 days after receipt for a prompt refund of your money.

Ordinarily the Miracle of Milk and a subscription to PHYSICAL CULTURE would cost you \$5.00. This special offer saves you \$1.50.

NOTE ! THIS OFFER IS GOOD FOR ONLY **30 DAYS**

Physical Culture Corporation
Dept. 4, 119 West 40th St., New York.

You may send me a copy of the Miracle of Milk and enter my name for a one year's subscription to PHYSICAL CULTURE Magazine.

I will pay the postman \$3.50 upon receipt of the course with the understanding that if I wish, I may return it within 5 days after receipt for a prompt refund of my money.

(If you want the Miracle of Milk alone, cross out reference to subscription and pay the postman \$2.00).

Name.....

Address.....

A Serious Question to Mothers and Fathers

Are you bringing up your Children properly?

NO OFFENSE intended in this personal question to mothers and fathers. On the contrary this message, prepared by an expert in matters of diet, endeavors to throw light on a subject of much confusion to many parents.

It is possible to give children all the food they can possibly eat—and still their little bodies can be under-nourished in certain respects.

For many foods are lacking in the vital mineral salts that science tells us we all need—if we are to build strong teeth and bones, and sound nerves and brain cells.

The food for your children

One of the most complete and best balanced foods you could possibly give your growing children is Grape-Nuts—the rich cereal food made from whole wheat flour and malted barley.

Grape-Nuts contains iron,

calcium, phosphorus, and other mineral elements that are taken right up as vital food by the millions of cells in the body.

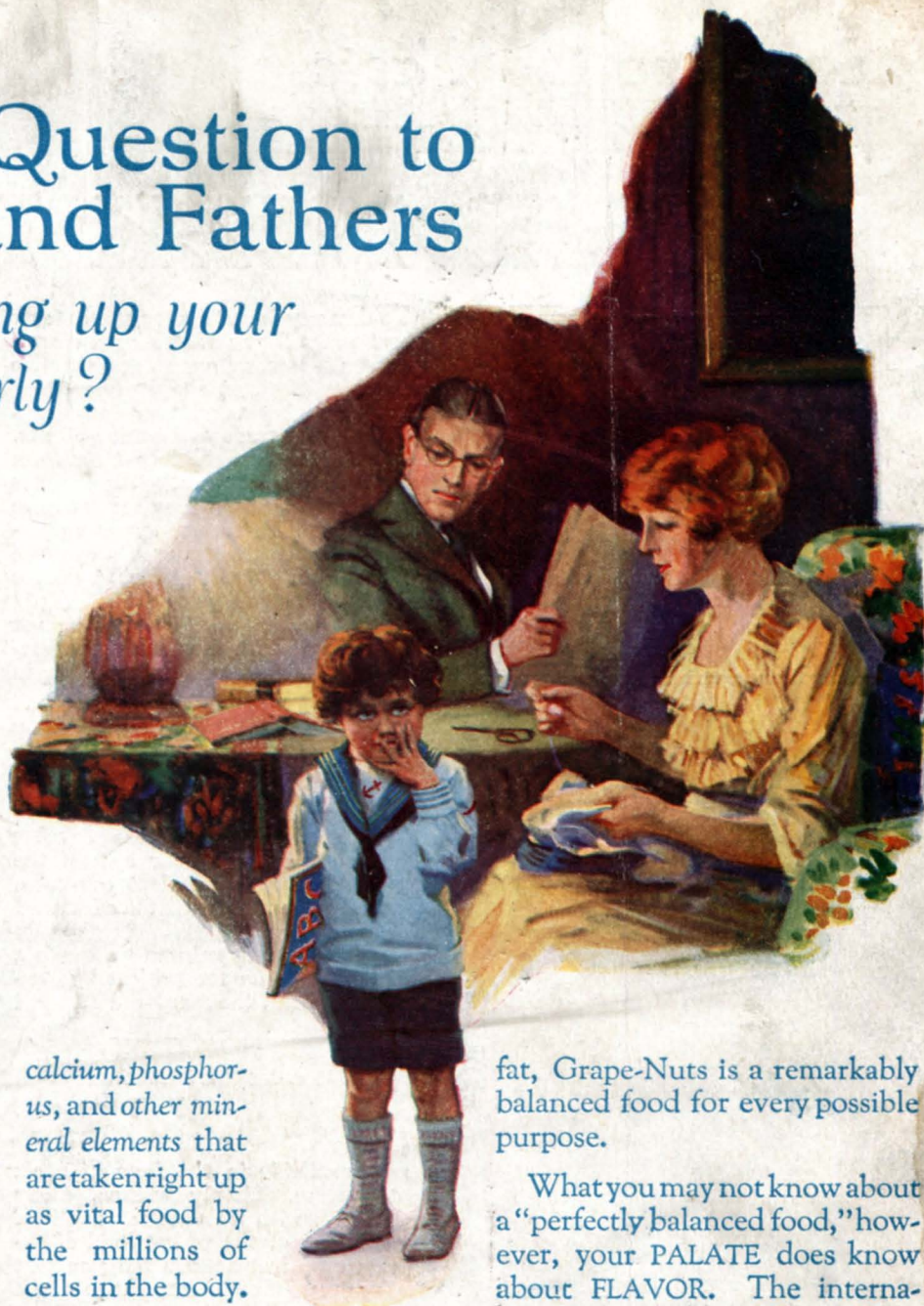
These terms may sound very technical to some people, but if you will ask your doctor you will learn that you could not live long without giving your system the benefit of these vital mineral elements.

With milk or cream, to supply

fat, Grape-Nuts is a remarkably balanced food for every possible purpose.

What you may not know about a "perfectly balanced food," however, your PALATE does know about FLAVOR. The international popularity of Grape-Nuts is due equally to its tempting, nut-like, sweet crispness and to its value as a satisfying, wholesome food.

You'll find Grape-Nuts in the best homes, and in every first-class hotel and restaurant, just as you will find it sold by leading grocers everywhere.



Grape-Nuts—the Body Builder

"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Michigan